



**Fitness Class Schedule - Spring/Summer 2019**

For more information and descriptions of classes,  
CALL 810-762-3441 | VISIT [FlintRec.com](http://FlintRec.com)

**DROP-IN FITNESS CLASSES**

Monday, April 29 – Saturday, August 31, 2019

Rec Center Closed:

\*Spring Semester ONLY: Classes END Saturday, June 22, 2019

May 26 and 27 and July 4, 2019

No registration required for Drop-In classes. **FREE** to *UM-Flint students, members and day pass users.*

	MON	TUE	WED	THUR	FRI	SAT
10:00-11am	Seniors & Friends ADR		Seniors & Friends Peer Led ADR		Seniors & Friends ADR	
11am-noon	Seniors & Friends Pool	Splash Fit Jamie Pool ~OPEN~	Seniors & Friends Pool	Splash Fit Jamie Pool ~OPEN~	Seniors & Friends Pool	Yoga Flow Anne Room 11 ~OPEN~
11am-noon		U-Fit WOD Jon U-Fit Room		U-Fit WOD Jon U-Fit Room		
12:15-1pm	Ben & Friends LLFR		Ben & Friends LLFR		Ben & Friends LLFR	
12:15-1pm	Lunchtime Yoga Maria Room 11	Power Yoga Rose LLFR	Lunchtime Yoga Maria Room 11	Power Yoga Rose LLFR	Lunchtime Yoga Maria Room 11	
5-5:30pm		*HIIT Shred in 30 Katherine ADR		*HIIT Shred in 30 Katherine ADR		
5:30-6pm		*Tone & Chisel Katherine ADR		*Tone & Chisel Katherine ADR		
5:30-6:30pm	Aqua Fitness Jamie Pool ~OPEN~	U-Fit WOD Jon U-Fit Room	U-Fit WOD Chris U-Fit Room	*PIYO Melanie LLFR	U-Fit WOD Jess U-Fit Room	
5:30-6:30pm	Power Yoga Rose LLFR		Power Yoga Rose LLFR			
6:30-7pm		*Core Training Katherine ADR		*Core Training Katherine ADR		LLFR = Lower Level Fitness Room
7-7:45pm	*Spinning® Kenyatta LLFR		*Spinning® Jamie LLFR			ADR = Aerobic Dance Room
		~OPEN~ Free Access	Classes may be cancelled due to low participation.	For women's only usage of the ADR, contact Jessica Viertlboeck, Assistant Director for Health and Fitness		The Official Training Center for the CrimFit Adult Training Program

# CLASS DESCRIPTIONS

## **Aqua Fitness:**

Aqua Fitness is an invigorating water workout. Ideal for all fitness levels. No swimming required.

## **Ben & Friends:**

A 'peer led' class that focuses on light strength training and flexibility in a fun environment!

## **Core Training:**

Strengthen your core muscles in this intense ab workout. You'll be stronger for taking on the challenge!

## **HIIT Shred in 30:**

Push to your max for short bursts then recover and repeat to torch calories, burn fat and amp up your metabolism during and AFTER your workout! Modified to any fitness level, these intense bursts of work using HIIT training can help you get shredded in just 30 minutes!

## **Lunchtime Yoga:**

Yoga can help you improve muscular strength, flexibility and balance while providing a wonderful relaxation experience.

## **PIYO:**

A low-impact conditioning class, implementing various types of circuit training with high intensity intervals giving you the ultimate challenge. Reduce stress and enhance your physical capabilities while improving body movement efficiency, strengthening your core, and creating balance & stability.

## **Power Yoga:**

A perfect balance between strength and flexibility. These two basic energies bring connection to the mind, body and breath.

## **Seniors & Friends:**

A 'peer led' class that focuses on light strength training, cardiorespiratory endurance and pool workouts. Open to all fitness levels.

## **Spinning:**

An indoor cycling experience that is fun and challenging. You will be led over hills and across terrain and rewarded with healthier hearts, stronger lungs, greater endurance and a powerful lower body that is easy on your knees and joints. Water bottles and towels are highly recommended. This class is limited to the first 14 participants.

## **Splash Fit:**

A complete water exercise program designed to tone the body, strengthen the muscles and condition the heart and lungs. Join us in a fun, safe and welcoming environment! Adults at all fitness levels are welcome.

## **Tone and Chisel:**

Pick up some weights to add fat-blasting, body-shaping muscle to your physique! By mixing up the training styles, including circuits, intervals, supersets, isometrics and so much more, we constantly challenge every muscle group to help tone and chisel your body!

## **U-Fit WOD:**

A core strengthening and conditioning program that uses functional movements designed to prepare a person for life contingencies through extremely varied and challenging workouts. It improves cardiorespiratory endurance, stamina, flexibility, power, speed, coordination, agility, balance and accuracy. Participants perform multiple, diverse and randomized physical challenges that are always changing to keep participants motivated. Each day the workout will test a different part of functional strength and conditioning. New participants start with 'on-boarding' WOD's and the class is limited to the first 16 participants.

## **WERQ:**

It's a FUN, high intensity fitness dance workout using pop and hip-hop music. Appropriate for ALL fitness levels and dance abilities.

## **Yoga Flow:**

Learn yoga at a comfortable pace. Connect your mind's attention to your body's fluidity and movement — promotes strength, flexibility, coordination, agility, stamina and an overall experience of well-being.

## **~OPEN~ (Splash Fit, Aqua Fitness & Yoga Flow)**

The Greater Flint Health Coalition (**Commit to Fit**) have sponsored participation in these select classes. Participants interested in using other Rec Center facilities, programs or services may do so through membership or day pass purchase. Contact the Rec Center office for details. Please bring your own towel and lock.

### REC CENTER HOURS

Monday-Thursday  
Friday  
Saturday  
Sunday

### BUILDING

6am-9pm  
6am-8pm  
9am-2pm  
11am-4pm

### POOL

6am-9am/11am-8pm  
6am-9am/11am-7pm  
9am-1pm  
11am-3pm

### OFFICE

7:30am-6:30pm  
7:30am-6:30pm  
10am-2pm  
Closed