

GROUP FITNESS

FALL 2018 // SEPTEMBER 1ST — DECEMBER 15TH

FIND YOUR FIT + TRY BEFORE YOU BUY <i>FREE</i> group fitness classes September 1st —14th. [For UTHHealth Students + Current Rec Center Members.]	September 1st—14th
BRING A FRIEND TO CLASS FOR FREE WEEK Member must have current Group Fitness Class Package + friend is required to be eligible for membership.	October 25th — 31st
HALF — OFF, HALF — WAY THROUGH THE SEMESTER Unlimited Semester Group Fitness Class Package <i>only</i> \$22.50! [Originally \$45]	Begins November 1st

UPDATED CLASS SCHEDULE [INSTRUCTORS/CLASS FORMATS ARE SUBJECT TO CHANGE WITHOUT NOTICE]

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM							ZUMBA KAREN
1PM							SHOTOKAN KARATE SENSI DEDDY MANSYUR
6PM		ZUMBA ANDREA	VINYASA YOGA RICK	SHOTOKAN KARATE SENSI DEDDY MANSYUR	STRENGTH JOSEPH	BOLLY—X JONATHAN	
7PM		FUSION MARILYN	STRENGTH JOSEPH	VINYASA YOGA SARAH	ZUMBA BARRY		
8PM			BOLLY—X JONATHAN	H.I.I.T. ALEX	P.H.I.I.T. KAREN		

CLASS DESCRIPTIONS

BOLLY—X: Dance-fitness embodying the infectious energy, expression + movement inspired by Bollywood.

FUSION [YOGA + PILATES]: Combine the muscle-sculpting, core-firming benefits of Pilates with the strength + flexibility advantages of yoga.

H.I.I.T [High—Intensity Interval Training]: High heart rates, high calorie burn and a lot of sweat is the result of this all—body workout, all—level class.

P.H.I.I.T: Pilates + High—Intensity Interval Training meet to create a muscle-toning, heart—pounding workout emphasizing core + strength.

SHOTOKAN KARATE: Taught by a 7th degree black belt, this traditional class offers basic self defense techniques and includes: kihon, kata + kumite.

STRENGTH: Taught by a Personal Trainer, this class will challenge + define every major muscle. Expect to build strength in this total body workout.

VINYASA YOGA: All—level class with continuous movement flowing from one posture to the next linking breath with movement.

ZUMBA: Latin-inspired, exhilarating, easy-to-follow, calorie-torching, dance-fitness party!

NEED TO KNOW

GROUP FITNESS CLASS PACKAGES ARE SOLD SEPERATELY FROM REC CENTER MEMBERSHIPS.

PARTICIPANTS MUST CHECK IN AT THE FRONT DESK + LEAVE UTHealth/REC CENTER ID IN EXCHANGE FOR A CLASS PASS.

INSTRUCTORS WILL COLLECT CLASS PASS. NO ADMITTANCE INTO CLASS LATE.

READY TO GET SWEATY? BRING CASH/CHECK [NO CREDIT/DEBIT CARDS ACCEPTED] + PURCHASE A CLASS PACKAGE!

CLASS PACKAGES	CURRENT REC CENTER MEMBER	NOT CURRENT MEMBER [ELIGIBLE MEMBER OR SPONSORED GUEST]
UNLIMITED CLASSES/FALL SEMESTER (4 Months)	\$45 (\$22.50 STARTING 11/1)	N/A
UNLIMITED CLASSES/1 MONTH	\$15	N/A
1 SINGLE CLASS	\$5	\$7

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