

# GROUP FITNESS

## SUMMER 2018 // JUNE 1ST — AUGUST 31ST

<b>FIND YOUR FIT + TRY BEFORE YOU BUY</b> <i>FREE</i> group fitness classes June 1st —14th. [For UTHHealth Students + Current Rec Center Members.]	June 1st—14th
<b>BRING A FRIEND TO CLASS FOR FREE WEEK</b> Member must have current Group Fitness Class Package + friend is required to be eligible for membership.	July 8th — 14th
<b>HALF — OFF, HALF — WAY THROUGH THE SEMESTER</b> Unlimited Semester Group Fitness Class Package <i>only</i> \$15! [Originally \$30]	Begins July 15th

## 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				

### 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.

**NEW! 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. From the plate loaded bar + free weights to resistance bands or body weight, expect to build strength in this total body workout.

**TURBO KICK:** Ultimate cardiovascular challenge blending intense intervals, strength + endurance.

**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
UNLIMITED CLASSES/SUMMER SEMESTER (3 Months)	\$30 (\$15 STARTING 7/15)	N/A
UNLIMITED CLASSES/1 MONTH	\$15	N/A
1 SINGLE CLASS	\$5	\$7

Sarah Galecki— Program Manager // sarah.e.galecki@uth.tmc.edu // 713-500-8422 // www.uth.edu/recreation-center

