

# GROUP FITNESS

## SPRING 2018 // JANUARY 2ND — MAY 31ST

<b>FIND YOUR FIT + TRY BEFORE YOU BUY</b> <i>FREE</i> group fitness classes January 2nd —15th. [For UTHealth Students + Current Rec Center Members.]	January 2nd—15th
<b>NIRSA NATIONAL RECREATIONAL SPORTS + FITNESS DAY</b> Take a class + take away a <u>free</u> t-shirt, today only, while supplies last. [1 per participant.]	February 22nd
<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.	March 7th — 13th
<b>HALF — OFF, HALF — WAY THROUGH THE SEMESTER</b> Unlimited Semester Group Fitness Class Package <i>only</i> \$30! [Originally \$60]	Begins March 14th

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM							ZUMBA KAREN
4PM	TURBO KICK KENDALL						
6PM		ZUMBA ANDREA	VINYASA YOGA RICK	P.H.I.I.T. KAREN	STRENGTH JOSEPH	BOLLY—X ARELY	
7PM		FUSION MARILYN	STRENGTH JOSEPH	VINYASA YOGA SARAH	ZUMBA KAREN		
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.

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

**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 [ELIGIBLE MEMBER OR SPONSORED GUEST]
UNLIMITED CLASSES/SPRING SEMESTER (5 Months)	\$60 (\$30 STARTING 3/13)	N/A
UNLIMITED CLASSES/1 MONTH	\$15	N/A
1 SINGLE CLASS	\$5	\$7

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