

GROUP FITNESS

FALL 2019 // SEPTEMBER 1ST— DECEMBER 14TH

FIND YOUR FIT + TRY BEFORE YOU BUY <i>FREE</i> group fitness classes September 1st—14th. [For UTHealth 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> \$15! [Originally \$30]	Begins November 1st
STRESS LESS FITNESS FEST <i>FREE</i> group fitness classes in December! [For UTHealth Students + Current Rec Center Members.]	December 1st—14th

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM							ZUMBA KAREN
1PM							
6PM		STRENGTH PREM	VINYASA YOGA AYAN	HIIT MEGAN	ZUMBA HEIDI	VINYASA YOGA RICK	
7PM		MAT PILATES MARILYN	ZUMBA KAREN		STRENGTH PREM	BOLLY—X JONATHAN	
8PM		ZUMBA ANDREA	CARDIO KICKBOXING MEGAN	DOONYA KARUNA	VINYASA YOGA AYAN		

CLASS DESCRIPTIONS [ALL CLASSES ARE ALL LEVEL—NO EXPERIENCE NECESSARY!]

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

CARDIO KICKBOXING: High energy class utilizing martial arts inspired techniques to increase muscular strength, cardiovascular conditioning, coordination + balance.

DOONYA: Bollywood-inspired, heart pounding HIIT dance-fitness — Each routine targets a major muscle group. You'll leave class ready to take on life's obstacles with grace and power.

HIIT [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.

MAT PILATES: Combine the muscle-sculpting, core-firming benefits of Pilates with the strength + flexibility advantages of yoga all based on the mat.

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 (3 Months)	\$30 (\$15 STARTING 11/1)	N/A
UNLIMITED CLASSES/1 MONTH	\$15	N/A
1 SINGLE CLASS	\$5	\$7

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