

GROUP FITNESS

[UPDATED 03/01/2019] SPRING 2019 // JANUARY 2ND—MAY 31ST

FIND YOUR FIT + TRY BEFORE YOU BUY FREE group fitness classes January 2nd —15th. [For UTHealth Students + Current Rec Center Members.]	January 3rd—16th
NIRSA NATIONAL RECREATIONAL SPORTS + FITNESS DAY Take a class + take away <u>free</u> swag, today only, while supplies last. [1 per participant.]	February 22nd
BRING A FRIEND TO CLASS FOR FREE WEEK Member must have current Group Fitness Class Package + friend is required to be eligible for membership.	March 6th—13th
HALF — OFF, HALF — WAY THROUGH THE SEMESTER 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
1PM							SHOTOKAN KARATE SENSI DEDDY MANSYUR
6PM		ZUMBA ANDREA	AYAN VINYASA YOGA	TURBO KICK KENDALL	PHIIT* KAREN	BOLLY—X JONATHAN	
7PM		MAT PILATES MARILYN	TABATA STRENGTH* KENDALL	VINYASA YOGA RICK	ZUMBA HEIDI		
8PM		CARDIO KICKBOXING MEGAN	PHIIT KAREN	BOLLY—X JONATHAN	AYAN VINYASA YOGA		*SUB CLASSES

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.

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.

PHIIT: 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 + ku mite.

TABATA STRENGTH: High intensity interval workout that will challenge every muscle in your body with whole body exercises.

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 3/14)	N/A
UNLIMITED CLASSES/1 MONTH	\$15	N/A
1 SINGLE CLASS	\$5	\$7

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