

GROUP FITNESS

SPRING 2020 // JANUARY 2ND—MAY 31ST

FIND YOUR FIT + TRY BEFORE YOU BUY <i>FREE</i> group fitness classes January 2nd—15th. [For UTHHealth Students + Current Rec Center Members.]	January 2nd—15th
NIRSA NATIONAL RECREATIONAL SPORTS + FITNESS WEEK Stay posted for extra sweat sessions, swag or more. Details to be announced!	February 17th—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 9th—15th
HALF — OFF, HALF — WAY THROUGH THE SEMESTER Unlimited Semester Group Fitness Class Package <i>only</i> \$30! [Originally \$60]	Begins March 15th
SPRING INTO [EVEN BETTER] SHAPE Challenge yourself to take 12 classes this month + take away a <u>free</u> giveaway.	April 1st—30th

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM							ZUMBA KAREN
NEW 5PM		ZUMBA ANDREA	CARDIO KICKBOXING MEGAN	DOONYA <i>BOLLYWOOD HIIT</i> KARUNA			
6PM		STRENGTH JILLIAN	VINYASA YOGA AYAN	HIIT MEGAN	ZUMBA HEIDI	VINYASA YOGA RICK	
7PM		MAT PILATES MARILYN	ZUMBA KAREN	VINYASA YOGA RUXIN	STRENGTH JILLIAN	BOLLY—X JONATHAN	

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/SPRING SEMESTER (5 Months)	\$60 (\$30 STARTING 3/15)	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

