

# WELLNESSES

FALL 2018 SCHEDULE	DATE	TIME	REGISTRATION
<b>EQUIPMENT ORIENTATION</b> Lost in the weight room? Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to UTHHealth Students + Rec Center Members</i>	Monday thru Friday	5:30AM—8:00PM	<i>FREE!</i> Appointment Required— Call, e-mail or stop by to set-up!
<b>INITIAL CONSULTATION + FITNESS ASSESSMENT</b> Identify strengths + opportunities in fitness + aide in setting attainable goals. Includes: Body Composition Analysis, Cardiovascular Endurance Test, Muscular Strength/Endurance Test, Flexibility Test + 1 Personal Training Session. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	Monday thru Friday	5:30AM—8:00PM	Appointment Required— Call, e-mail or stop by to set-up! \$40—UTHHealth Students \$60—Rec Center Members \$85—All Other TMC Institutions
<b>PERSONAL TRAINING</b> Your goals, fitness level, schedule + medical history are all vital. As you progress, your Certified Personal Trainer will too. Half-hour + one-hour sessions available. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	Monday thru Friday	5:30AM—8:00PM	Various Packages Available Appointment Required— Call, e-mail or stop by to set-up!
<b>BIGGEST LOSER</b> 8-week, self paced challenge to lose the highest percentage of weight. Ready to tip the scale? All finishers earn a T-SHIRT! <i>Open to current members of the Rec center only.</i>	9/24— 11/16	Self—Paced Weekly Weigh Ins	Sign-Up 9/4—9/21/18 Donation to Houston Food Bank <u>Spots are limited!</u>
<b>BENCH PRESS COMPETITION</b> 1—rep max competition with divisions for sex/weight class. All competitors earn a T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	10/24 OR 10/25	12:00—1:00PM or 5:00—7:00PM	<i>FREE!</i> Sign-Up 10/1—10/23/18 <u>Spots are limited!</u>
<b>AHA BASIC LIFE SUPPORT (BLS) // CPR + AED CERTIFICATION COURSE</b> Certification is provided through the American Heart Association. BLS + Heartsaver Certifications are two separate courses + certifications. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	3rd Tuesday of Each Month	12:00—2:30PM	\$40—UTHHealth Students \$45—Rec Center Members \$50—All Other TMC Institutions
<b>AHA HEARTSAVER//FIRST AID CERTIFICATION COURSE</b> Certification is provided through the American Heart Association. BLS + Heartsaver Certifications two separate courses + certifications. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	2nd Tuesday of Each Month	12:00—2:30PM	\$40—UTHHealth Students \$45—Rec Center Members \$50—All Other TMC Institutions

REC CENTER ELIGIBILITY REQUIREMENTS: Must be Texas Medical Center Faculty, Staff, Resident, Student, UT—System Alumni or Immediate Family

For more specific details + Registration Forms, check out the website or stop by the Rec Center.

**QUESTIONS? Contact Corey Jefferson—Wellness Coordinator**  
 713-500-8427 or [corey.jefferson@uth.tmc.edu](mailto:corey.jefferson@uth.tmc.edu)  
[www.uth.edu/recreation-center](http://www.uth.edu/recreation-center)

