

WELLNESSES

FALL 2017 SCHEDULE	DATE	TIME	REGISTRATION
EQUIPMENT ORIENTATION Lost in the weight room? Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to current members of the Rec Center only.</i>	Monday thru Friday	5:30AM—8:00PM	<i>FREE!</i> Appointment Required— Call, e-mail or stop by to set-up!
INITIAL CONSULTATION + FITNESS ASSESSMENT 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 both current members + eligible members of the Rec Center.</i>	Monday thru Friday	5:30AM—8:00PM	Appointment Required— Call, e-mail or stop by to set-up! \$40—UTHealth Students \$60—Rec Center Members \$85—All Other TMC Institutions
PERSONAL TRAINING + SMALL GROUP TRAINING (2—3 PEOPLE) 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 both current members + eligible members of the Rec Center.</i>	Monday thru Friday	5:30AM—8:00PM	Various Packages Available Appointment Required— Call, e-mail or stop by to set-up!
BIGGEST LOSER 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>	9/25— 11/17	Self-Paced Weekly Weigh-Ins	Sign-Up 9/5—9/22/17 Donation to Houston Food Bank <u>Spots are limited!</u>
BENCH PRESS COMPETITION 1—rep max competition with divisions for sex/weight class. All competitors earn a T-SHIRT! <i>Open to current members of Rec Center only.</i>	10/25 or 10/26	12:00—1:00PM or 5:00—7:00PM	<i>FREE!</i> Sign-Up 10/2—10/24/17 <u>Spots are limited!</u>
AHA BASIC LIFE SUPPORT (BLS) // CPR + AED CERTIFICATION COURSE Certification is provided through the American Heart Association. BLS + Heartsaver Certifications are two separate courses + certifications. <i>Open to both current members + eligible members of the Rec Center.</i>	3rd Tuesday of Each Month	12:00—2:30PM	\$30—UTHealth Students \$35—Rec Center Members \$40—All Other TMC Institutions
AHA HEARTSAVER//FIRST AID CERTIFICATION COURSE Certification is provided through the American Heart Association. BLS + Heartsaver Certifications two separate courses + certifications. <i>Open to both current members + eligible members of the Rec Center.</i>	2nd Tuesday of Each Month	12:00—2:30PM	\$30—UTHealth Students \$35—Rec Center Members \$40—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
www.uth.edu/recreation-center

