

WELLNESSES

| SPRING 2019 SCHEDULE | DATE | TIME | REGISTRATION |
|--|------------------------------------|---------------------------------|--|
| EQUIPMENT ORIENTATION 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 | FREE! 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 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 |
| PERSONAL TRAINING 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! |
| IRONMAN CHALLENGE Run, bike & swim over 200 miles total in this 6-week, self-paced challenge. Because one sport isn't hard enough. All finishers earn a T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i> | 3/25— 5/5 | Self—Paced Miles due Mondays | Sign-Up 2/25—3/22/19 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 UTHHealth Students + Rec Center Members</i> | 3/27 OR 3/28 | 12:00—1:00PM or 5:00—7:00PM | FREE! Sign-Up 2/25—03/28/19 <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 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 |
| AHA HEARTSAVER//FIRST AID CERTIFICATION COURSE 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
www.uth.edu/recreation-center

