

WELLNESSES

SPRING 2020 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!
1,000 POINT CHALLENGE 5—week, self—paced challenge to earn 1,000 points. Think you’ve got what it takes? All earning 1,000 points earn a PRIZE! <i>Open to UTHHealth Students + Current Rec Center Members</i>	2/3— 3/8	Self—Paced Minutes due Mondays	FREE! Sign-Up 1/6—1/31/20 <u>Spots are limited!</u>
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 PRIZE! <i>Open to UTHHealth Students + Rec Center Members</i>	3/16— 4/24	Self—Paced Miles due Mondays	Sign-Up 2/24—3/13/20 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 PRIZE! <i>Open to UTHHealth Students + Rec Center Members</i>	3/25 OR 3/26	12:00—1:00PM or 5:00—7:00PM	FREE! Sign-Up 3/2—3/24/2020 <u>Spots are limited!</u>
AMERICAN HEART ASSOCIATION CERTIFICATION COURSES New format and schedule coming in 2020! Details TBA. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	Monthly	Beginning February	Stay posted for details!

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

