

WELLNESSES

FALL 2025 SCHEDULE	DATES	TIME	REGISTRATION
1,200 Point Challenge 6—week, self—paced challenge to earn 1,200 points. 1 minute of exercise = 1 point. Think you’ve got what it takes? Limited to 50 challengers. All completing 1,200 points earn a free T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	10/06— 11/16	<i>Self —Paced</i> Minutes due Mondays	Sign-Up 09/08—10/05/25 20 Non-Perishable Food Items To be donated for Thanksgiving to the Houston Food Bank <i>Scan the QR code to register.</i>
Bench Press Competition Let’s see what you got! 1—Rep Max Competition. Multiple Divisions for Sex/Weight Class. The first 50 competitors earn a free T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	10/15— 10/16	<i>Stop by Anytime</i> 12:00—1:00PM or 5:00—7:00PM	<i>FREE!</i> Sign-Up 09/22—10/14/25 <u>Spots are limited!</u> <i>Scan the QR code to register.</i>
Workout Race Feeling fit + up to a challenge? Complete 1 round for time: 2000m Row, 50 Pushups, 50 Burpees, 50 Wall Balls and 50 Ab Mat Sit Ups. Individual Men’s and Women’s Divisions The first 40 finishers earn a free T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	10/20— 10/22	<i>Stop by Anytime</i> 12:00—1:00PM or 5:00—7:00PM	<i>FREE!</i> Sign-Up 10/1—10/17/25 <u>Spots are limited!</u> <i>Scan the QR code to register.</i>
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. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	Monday thru Friday	<i>By Appointment</i> 5:30AM—2:30PM	<i>Call, e-mail or stop by to set-up!</i> \$30—UTHHealth Students \$35—Rec Center Members \$50—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</i>	Monday thru Friday	<i>By Appointment</i> 5:30AM—2:30PM	<i>Call, e-mail or stop by to set-up!</i> Various Packages Available
American Heart Association Certification Course HeartCode Basic Life Support for Healthcare Professionals Recognize life-threatening emergencies, provide CPR, use an AED + relieve choking. Combination of self-directed eLearning followed by a hands-on in-person session. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i>	2nd Tuesday of Every Month	12:00 —1:00PM	Online and in-person sessions require separate fees + separate registrations. <i>Scan the QR code to register.</i>
Equipment Orientation Lost in the weight room? Need someone to show you the ropes? Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to UTHHealth Students + Rec Center Members</i>	Monday thru Friday	By Appointment 5:30AM—2:30PM	<i>FREE!</i> Call, e-mail or stop by to set-up.

Questions? Contact Corey Jefferson —
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 **UTHealth Houston**
 Recreation Center

