

# WELLNESSES

SUMMER 2024 SCHEDULE	DATE	TIME	REGISTRATION
<p><b>AMERICAN HEART ASSOCIATION CERTIFICATION COURSE</b>            HeartCode Basic Life Support for Healthcare Professionals            Recognize life-threatening emergencies, provide CPR, use an AED + relieve choking.            Self-directed eLearning followed by a hands-on in-person session.  <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i></p>	2nd Tuesday of Every Month 6/11/24 7/9/24 8/13/24	12:00 — 1:00PM	Online + In-Person Sessions Re- quire Separate Fees + Separate Registrations
<p><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.  <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i></p>	Monday thru Friday	By Appointment	\$30—UTHHealth Students \$35—Rec Center Members \$50—All Other TMC Institutions
<p><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</i></p>	Monday thru Friday	By Appointment	Various Packages Available
<p><b>EQUIPMENT ORIENTATION</b>            Lost in the weight room? Let a trainer show you the ropes.            Learn adjustments for proper biomechanics, safety + effectiveness.  <i>Open to UTHHealth Students + Rec Center Members</i></p>	Monday thru Friday	By Appointment	<b>FREE!</b>

**CONTACT** Corey Jefferson — Wellness Coordinator + Personal Trainer  
**EMAIL** [corey.jefferson@uth.tmc.edu](mailto:corey.jefferson@uth.tmc.edu)  
**OFFICE** 713-500-8427  
**WEBSITE** [www.uth.edu/recreation-center](http://www.uth.edu/recreation-center)  
**ADDRESS** UTHHealth Recreation Center  
 1832 West Road  
 Houston, TX 77054  
**HOURS** Monday— Friday 5:30AM to 10PM  
 Saturday 8AM to 8PM  
 Sunday 10AM to 8PM

