

WELLNESSES

SUMMER 2019 SCHEDULE	DATE	TIME	REGISTRATION
EQUIPMENT ORIENTATION Lost in the weight room? Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to UHealth Students + Rec Center Members</i>	Monday thru Friday	5:30AM—8:00PM	FREE! Appointment Required— Call, e-mail or stop by to set-up!
AMERICAN HEART ASSOCIATION HEARTSAVER® FIRST AID CERTIFICATION COURSE Certification is provided through the American Heart Association. BLS + Heartsaver Certifications two separate courses + certifications. <i>Open to UHealth Students, Rec Center Members + Eligible Members</i>	2nd Tuesday of Each Month	12:00—2:30PM	\$30—UHealth Students \$35—Rec Center Members \$40—All Other TMC Institutions
AMERICAN HEART ASSOCIATION 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 UHealth Students, Rec Center Members + Eligible Members</i>	3rd Tuesday of Each Month	12:00—2:30PM	\$30—UHealth Students \$35—Rec Center Members \$40—All Other TMC Institutions
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 UHealth 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—UHealth 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 UHealth 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!

ELIGIBILITY Eligible Members are Texas Medical Center Faculty, Staff, Resident, Student, UT—System Alumni or Immediate Family

LOCATION UHealth Auxiliary Enterprises—Recreation Center at 1832 West Road [Same location, new address.]
Monday—Friday 5:30AM to 10:00PM, Saturday 8:00AM to 8:00PM or Sunday 10:00AM to 8:00PM

DETAILS For specific details + Registration Forms, check out www.uth.edu/recreation-center or stop by the Rec Center.

REGISTRATION For programs requiring fees, payment is by cash/check only (no debit/credit cards accepted.)

QUESTIONS? **Contact Corey Jefferson—Wellness Coordinator**
713-500-8427 or corey.jefferson@uth.tmc.edu
www.uth.edu/recreation-center

