

WELLNESSES

FALL 2024 SCHEDULE	DATES	TIME	REGISTRATION
WORKOUT RELAY RACE Feeling fit + up to a challenge? Grab a partner + complete 2 rounds for time: 1000m Row, 50 Pushups, 50 Burpees, 50 Wall Balls and 50 Ab Mat Sit Ups. Men's, Women's + Co-Ed Teams—The first 25 teams earn a T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	10/21—10/25	Stop by Anytime 12:00—1:00PM or 5:00—7:00PM	FREE! Sign-Up 10/1—10/18/24 <u>Spots are limited!</u>
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 T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	10/29—10/30	Stop by Anytime 12:00—1:00PM or 5:00—7:00PM	FREE! Sign-Up 10/1—10/28/24 <u>Spots are limited!</u>
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	By Appointment 5:30AM—2:30PM	Call, e-mail or stop by to set-up! \$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 + Eligible Members</i>	Monday thru Friday	By Appointment 5:30AM—2:30PM	Call, e-mail or stop by to set-up! 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.
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	By Appointment Available 5:30AM—2:30PM	FREE! Call, e-mail or stop by to set-up.

QUESTIONS? Contact Corey Jefferson — Wellness Coordinator + Personal Trainer

Email corey.jefferson@uth.tmc.edu

Office 713-500-8427

Website www.uth.edu/recreation-center

Address UTHHealth Houston—Recreation Center
1832 West Road
Houston, TX 77054

Hours Monday— Friday 5:30AM to 10:00PM
Saturday 8:00AM to 8:00PM
Sunday 10:00AM to 8:00PM

UTHealth® Houston
Recreation Center

