

WELLNESS

SPRING 2025 SCHEDULE	DATE	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? All earning 1,200 points get a T-SHIRT! <i>Open to UHealth Students + Rec Center Members</i>	1/27— 3/7	Self—Paced Minutes due Mondays	FREE! Sign-Up 1/6—1/26/25 <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 T-SHIRT! <i>Open to UHealth Students + Rec Center Members</i>	3/10— 4/18	Self—Paced Miles due Mondays	FREE! Sign-Up 2/17—3/9 <u>Spots are limited!</u>
WORKOUT RELAY RACE Feeling fit + up to a challenge? Grab a partner + complete 2 rounds for time: 2000m 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 UHealth Students + Rec Center Members</i>	3/31— 4/4	<i>No walk-ins allowed.</i> 12:00—1:00PM or 5:00—7:00PM	FREE! Pre-registration required! Sign-Up 3/3—3/30/25 <u>Spots are limited!</u>
BENCH PRESS COMPETITION 1—rep max friendly competition with divisions for sex/weight class. All competitors earn a T-SHIRT! <i>Open to UHealth Students + Rec Center Members</i>	4/7—4/8	12:00—1:00PM or 5:00—7:00PM	FREE! Sign-Up 3/17—4/6/25 <u>Spots are limited!</u>
AMERICAN HEART ASSOCIATION CERTIFICATION COURSE 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 UHealth Students, Rec Center Members + Eligible Members</i>	2nd Tuesday of Every Month	12:00 —1:00PM	Online + In-Person Sessions Require Separate Fees + Separate Registrations
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 UHealth Students, Rec Center Members + Eligible Members</i>	Monday thru Friday	By Appointment	\$30—UHealth Students \$35—Rec Center Members \$50—Eligible 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 UHealth Students + Rec Center Members</i>	Monday thru Friday	By Appointment	Various Packages Available
EQUIPMENT ORIENTATION Lost in the weight room? Let a trainer showy you the ropes. Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to UHealth Students + Rec Center Members</i>	Monday thru Friday	By Appointment	FREE!

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