SESSIONS & FEES

WINTER 2019 SESSION: Jan. 7-March 23
PUNCH CARD FEES

<table>
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<tr>
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<tr>
<td>1 Class Card</td>
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<td>5 Class Card</td>
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<td>10 Class Card</td>
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GENERAL INFO

- The Department of Athletics & Recreation at the University of Chicago provides a variety of non-credit fitness classes and services held in the Ratner Athletics Center, located at 5530 South Ellis Avenue.

- FitChicago classes are open to UChicago students as well as individuals holding valid membership privileges for the Ratner Athletics Center. Classes are free to UChicago students (excluding private swim lessons).

- Current information on class offerings, membership rates, and facility use policies is available at: http://athletics.uchicago.edu

- Classes have limits on the numbers of participants and are available on a first-come, first-serve basis. Once the class capacity is reached, no additional participants will be admitted to that session.

- The Department of Athletics & Recreation reserves the right to cancel any scheduled class due to low attendance, facility issues, instructor illness, or emergency reasons.

- Changes in the published schedule will be posted as soon as possible.

CONTACT US

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Follow us!
@Fit_UChicago

LET US KNOW WHAT YOU THINK

If you have any comments regarding a FitChicago class, or the FitChicago program in general, please take a few moments to complete the class assessment. The online form is available at:
http://athletics.uchicago.edu/recreation/fitchicago-assessment
ABS 15
15 minutes of jam packed core work! Free for all members. This is a fun class to stop in to after your own or FitChicago workout.

DAYS/TIMES:  MON, WED, FRI  /  8 - 8:15 AM
Place: Ratner Center Dance Studio
Instructor: Antoine Jackson

BARRE
This low-impact, high-energy workout is designed to strengthen and lengthen muscles while improving balance, flexibility and coordination. Includes warm-up, free weight exercises, ballet barre for lower body moves, & core flexibility work.

DAYS/TIMES:  TUES, THURS  /  4 - 4:50 PM
Place: Ratner Center Dance Studio
Instructor: Melissa McCarron

BOOT CAMP
Push your body to its limits in this invigorating 50-minute class. Boot Camp is a great way to challenge your body, learn new exercises and reach your fitness goals with core work and flexibility work included.

DAYS/TIMES:  TUES, THURS  /  11 - 11:50 AM
Place: Ratner Center Dance Studio
Instructor: Antione Jackson

CARDIO KICKBOXING
This fat-burning class combines intense shadow kickboxing moves with fast-paced conditioning & ends with ab work.

DAYS/TIMES:  MON, WED, FRI  /  7 - 8 AM
Place: Ratner Center Dance Studio
Days/Times:  SAT  /  8:15 - 9:15 AM
Place: Ratner Center Dance Studio
Instructor: Sidra Newman

FIT FUSION
Get moving and enjoy the health benefits of interval training designed to improve cardiovascular health, muscular endurance, balance and coordination through multi-joint and compound exercises.

DAYS/TIMES:  MON, FRI  /  8:30 - 9:30 AM
Place: Ratner Center Dance Studio
Instructor: Earnestine Davis

GROUP RESISTANCE TRAINING
A resistance training workout focused on upper body, lower body, and midsection. This class will improve strength, power, balance, and muscular endurance. Appropriate for all levels of fitness.

DAYS/TIMES:  TUES, THURS  /  5 - 5:50 PM
Place: Ratner Center Dance Studio
Instructor: Melissa McCarron

PILATES
Pilates includes exercises and poses that emphasize strength, flexibility, stabilization, and posture, with a focus on proper movement mechanics. Appropriate for all levels of fitness.

DAYS/TIMES:  TUES, THURS  /  NOON - 12:50 PM
Place: Ratner Center Dance Studio
Instructor: Olivia Bioni / Marylee Bussard

POUND
POUND® SWEAT. SCULPT. ROCK! POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums. Suitable for all fitness levels.

DAYS/TIMES:  SAT / 12:15-1:15 PM
Place: Ratner Center Dance Studio
Instructor: Carol Young

PRIVATE SWIM LESSONS
Private swim lessons are available to all ability levels for $35 per 30-minute session. Lessons are taught by Mary Flynn who has been a swim instructor in the Chicago area for 30 years.

DAYS/TIMES:  MON, TUES / 6 - 9 PM
Days/Times:  SUN / 8 - 8:50 AM
Place: Myers-McLoraine Swimming Pool
Instructor: Patricia Schulman (Mon)
Latipha Rivers (Wed, Fri)

YOGA, BEGINNING
This class is for those who have never done Yoga who wish to review the fundamentals. It emphasizes proper alignment in the asanas (poses), breathing practices, and beginning yoga philosophy.

DAYS/TIMES:  MON, WED, FRI  /  NOON - 1 PM
Place: Ratner Center Dance Studio
Instructor: Patricia Schulman (Mon)
Latipha Rivers (Wed, Fri)

YOGA, INTERMEDIATE
Though appropriate for all levels, this class is primarily intended for advanced beginners. It builds strength, flexibility, and concentration with a moderate pace. Vinyasa flow sequencing is included with emphasis on the breath. This class will explore the benefits of various asanas (poses) including hip-openers, backbends, twists, and core-strengtheners. Come as you are!

DAYS/TIMES:  TUES, THURS  /  6 - 7 PM
Place: Ratner Center Dance Studio
Instructor: Cecelia Pompeii / Sidra Newman

ZUMBA
Zumba focuses on hypnotic Latin rhythms and easy-to-follow movements to create a unique fitness program that will blow you away. The class will feature calorie-burning activities, body-energizing routines, and interval training sessions with fast and slow rhythms combining with resistance training to tone and sculpt your body. Add Latin flavor and international zest into this mix and you’ve got Zumba. It’s not just a workout, it’s a party! Zumba requires no specific level of fitness and no dance background.

DAYS/TIMES:  MON, WED, FRI  /  5-5:50 PM
Place: Ratner Center Aux Gym
Instructor: Maria Cruz Gonzalez-Cadel

AQUA ZUMBA
Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

DAYS/TIMES:  MON, FRI  /  8 - 8:50 AM
Place: Ratner Center Myers-McLoraine Swimming Pool
Instructor: Maria Cruz Gonzalez-Cadel

SCHEDULE NOTES: There will be no FitChicago Classes on Jan. 21. FitChicago Classes run from Jan. 7-March 23.