HuskiesFit & Outdoor Adventure Programs @ the SDC

Spring Semester 2019

Open to the Community
Michigan Tech Students ♦ Adults ♦ Youth

Student Development Complex, Room 142
1400 Townsend Drive
Houghton MI 49931
Registration: 906-487-2073
Information: 906-487-2975
Email: huskiesfitprograms@mtu.edu
Fax: 906-487-3607

Husky Open Water SCUBA Course
SDC Rm 237/Pool
March 29-31 and April 6-7
$475 (includes all instruction, fees & materials)

Earn your PADI Open Water SCUBA certification! Course includes 10 hours of academic instruction, 5 hours in confined water & 4 certification dives. Must be 18 or older & able to swim 200 yards comfortably. Class size is limited. See website for daily schedule.

HUSKIESFIT ULTIMATE SESSION PUNCH CARD
This premium 8-punch card can be used to attend any of the following HuskiesFit Adult Group Fitness Classes:
- All Levels Yoga • Aqua Fit • Aqua Zumba • Buti Flow • Buti Yoga • Fitbarre • Gentle Yoga
- H2O Cardio Blast • Metabolic Conditioning • Morning Flow Yoga • POUND® • Power Yoga
- Spin Strong • STRONG by Zumba • Tone & Strength Yoga • TRX + total body conditioning
- Yoga Stretch • Zumba • Zumba Toning

The HuskiesFit Ultimate Session Punch Card is good for Spring Semester 2019 only (expires 5/3/19).
- Michigan Tech Student $33
- General Public $50

HuskiesFit Program Policies & Procedures

- First-come, first-served policy for all programs.
- Refunds given for medical reasons only.
- A parent or legal guardian is required to sign a waiver of liability and concussion awareness form for all youth classes prior to participation.
- A waiver of liability must be signed for all adult classes (by a parent/guardian if under 18).
- Online and phone purchases are not considered complete until the registrant stops by the SDC Ticket Office to pick up their pass prior to attending class.
- TechFit benefit is $150 for the employee and $100 for either a spouse or dependent child.
- SDC annual members receive 20% off adult programs and 10% off youth programs.
- Youth siblings registered in the same program receive $5 off each additional registration.
- Customers wishing to use TechFit benefits, SDC membership discounts, or sibling discounts must register in person at the SDC Ticket Office.
- Only one discount per person will apply.
- Punch card users have card punched by the instructor prior to class.
- Program specific 8-Punch and 16-Punch Class Cards are non-transferable between programs, expire one year after the date of purchase, and are not guaranteed to be offered each semester.
- Student punch cards are for Michigan Tech students only.
- Children under age 16 are not permitted in the Fitness Studio during HuskiesFit adult group classes.
- Every possible effort will be made to reschedule any cancelled class. However, there is no guarantee.
- PARKING—Lot 22 has a two-hour parking limit Monday-Friday, 7:00AM-4:00PM.

www.MichiganTechRecreation.com
Michigan Tech Recreation
@MichiganTechRec

#CommitToBeFit
#HealthyHuskies
#FutureHuskies

AIKIDO with Mark (Age 5+)
SDC Studio
Session 1: January 18 - March 1
Session 2: March 22 - May 3
Level 1 (under 7 yrs)  Friday, 6:30-7:10PM  Session $42
Level 2 (7-9 yrs)  Friday, 6:30-7:30PM  Session $48
Level 3 (10-12 yrs)  Friday, 6:30-8:00PM  Session $54
Level 4 (13-15 yrs)  Friday, 6:30-9:00PM  Session $60

FUNDAMENTALS OF HOCKEY SKATING (Age 3+)
MacInnes Ice Arena
January 20 - March 3 (Registration closes 1/14)
Sunday, 5:00-6:00PM  Session $84

LEARN TO SKATE (Age 3+)
MacInnes Ice Arena
January 20 - March 3 (Registration closes 1/14)
Sunday, 5:00-6:00PM  Session $84

KAYAK SAFETY CLINICS (Ages 8 & Up)
SDC Pool
Learn how to kayak or brush up on your skills. Equipment provided. No experience necessary.
Must be able to swim 10 yards unassisted.
January 15, February 5, March 5, April 2
Per clinic: General Public $10, SDC Members $5, Michigan Tech Student Free

LOG ROLLING
SDC Pool
Ages 4-14—Saturday, 9:00-9:50AM  Session $75
Session 1: January 19 - March 2 (Registration closes after 1st day, no class 2/9)
Session 2: March 23 - April 27 (Registration closes after 1st day)
Must be able to swim at least 10 yards unassisted. No experience necessary.

ROCK CLIMBING
Multipurpose Room  Session $75
Ages 5-15—Monday/Wednesday, 6:00-7:00PM
Session 1: January 14-30 (Registration closes after 1st day)
Session 2: February 11-27 (Registration closes after 1st day)
Session 3: March 18- April 3 (Registration closes after 1st day)

SELF DEFENSE FOR WOMEN (RAD)
SDC Studio
January 15 - April 26 (Registration closes after 1st day, No class 2/6, 3/12, 4/16)
Tuesday, 7:15-8:55PM OR Friday, 10:05-11:45AM
Michigan Tech Student Session $50  General Public Session $75

A modern Japanese Budo that uses martial arts training as a means of character development.
Uniforms available for purchase on the first day of class.

#AerobicHuskies

AQUA ZUMBA with Allison & Adria
SDC Pool
January 20 - May 3  (no class 3/12, 3/14)
Tuesday, 7:00-7:50PM w/Adria, Thursday, 7:30-8:20PM w/Adria
Michigan Tech Student  16-Punch Card $45  8-Punch Card $30  Daily $5
General Public  16-Punch Card $75  8-Punch Card $45  Daily $7
Also included as an option on the Ultimate HuskiesFit Punch Card!

With fun music & traditional aquatic fitness disciplines, Aqua Zumba blends it all together into a workout that’s mixed with cardio, body toning, and is most of all exhilarating. Land-based Zumba dance steps are more exaggerated and slower in the water.

ZUMBA with Allison & Adria
SDC Studio
January 20 - May 1  (no class 3/10, 3/12 & 3/13)
Monday & Thursday, 4:15-5:05PM
Michigan Tech Student  16-Punch Card $45  8-Punch Card $30  Daily $5
General Public  16-Punch Card $75  8-Punch Card $45  Daily $7

Also included as an option on the Ultimate HuskiesFit Punch Card!

Latin/international music & dance moves combine to create a fun & energetic routine that offers a great aerobic workout, tones the body & increases endurance. So much fun, you won’t even realize you’re working out!

STRONG by ZUMBA with Sarah
SDC Studio
Monday & Thursday, 4:15-5:05PM
Michigan Tech Student  16-Punch Card $45  8-Punch Card $30  Daily $5
General Public  16-Punch Card $75  8-Punch Card $45  Daily $7

Also included as an option on the Ultimate HuskiesFit Punch Card!

Zumba with a twist! High intensity interval training workout where the music is designed to match the moves in a challenging progression that provides a total body workout.

ZUMBA TONING with Allison & Sarah
SDC Studio
January 21 - April 29  (no class 3/11)
Monday, 6:30-7:20PM
Michigan Tech Student  16-Punch Card $45  8-Punch Card $30  Daily $5
General Public  16-Punch Card $75  8-Punch Card $45  Daily $7

Also included as an option on the Ultimate HuskiesFit Punch Card!

Learn how to use weighted, maraca-like Zumba Toning Sticks to blend body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training experience. The added resistance helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

INTRO TO LOG ROLLING
SDC Pool
Session 1: January 21 - February 25
Session 2: March 25 - April 29
Monday, 7:30-8:20PM  Session $45
Join the OAP for our 1st adult log rolling class! Must be able to swim at least 10 yards unassisted.

H2O CARDIO BLAST with Fran
SDC Pool
January 23 - March 3  (no class 3/13 & 3/15)
Monday, 7:00-8:00PM
Michigan Tech Student  16-Punch Card $45  8-Punch Card $30  Daily $5
General Public  16-Punch Card $75  8-Punch Card $45  Daily $7

Also included as an option on the Ultimate HuskiesFit Punch Card!

Make the water work for you! Come find your depth. Whether you prefer the deep or the shallow end, you won’t be in over your head. Use the water for a workout that is low on impact but high in resistance, that will get your heart pumping and leave you feeling energized.
#TrainingHuskies

### AIKIDO with Mark
- **Session 1:** January 14 - March 1
- **Session 2:** March 4 - May 3 (no class 3/11, 3/13 & 3/15)
  - **Session $72**

**Monday/Wednesday/Friday, Basic—8:15-9:05PM, Advanced—9:15-10:05PM**

A modern Japanese Budo that use martial arts training as a means of character development.

**Unifoms available for purchase on the first day of class.**

### METABOLIC CONDITIONING with Heather
- **SDC Studio**
- **January 22 - May 2 (no class 3/2, 3/14)**
  - **Tuesday/Thursday, 6-6:50AM**

**Michigan Tech Student**
- **16-Punch Card $45**
- **8-Punch Card $30**
  - **Daily $5**

**General Public**
- **16-Punch Card $96**
- **8-Punch Card $56**
  - **Daily $7**

Also included as an option on the Ultimate HuskiesFit Punch Card!

**Fitness needs.**
- **pension training, body weight training, dumbbell, bosu balls, bands levels TRX + total body conditioning class.**
  - Focuses on all muscle groups with a mix of TRX suspension training, body weight training, dumbbell, bosu balls, bands - fun new exercises each week! Push your limits and leave feeling accomplished. All exercises can be modified to suit your unique fitness needs. **Class size is limited.**

**Build your muscular strength & endurance, flexibility, balance, & cardiovascular system with this all levels TRX + total body conditioning class. Focuses on all muscle groups with a mix of TRX suspension training, body weight training, dumbbell, bosu balls, bands - fun new exercises each week! Push your limits and leave feeling accomplished. All exercises can be modified to suit your unique fitness needs. Class size is limited.**

### POUND® with Rochelle
- **SDC Studio**
- **January 20 - April 11 (no class 2/3, 3/10, 3/14, 3/31)**
  - **Sunday, 1:00-1:50PM & Thursday, 5:15 - 6:05PM**

**Michigan Tech Student**
- **16-Punch Card $45**
- **8-Punch Card $30**
  - **Daily $5**

**General Public**
- **16-Punch Card $95**
- **8-Punch Card $45**
  - **Daily $7**

Also included as an option on the Ultimate HuskiesFit Punch Card!

**Burn fat, build stamina & sculpt your body using kettlebells, resistance bands, TRX & body weight.**

### SELF DEFENSE FOR WOMEN (RAD)
- **SDC Studio**
- **January 15 - April 26 (Registration closes after 1st day. No class 2/8, 3/12, 3/15)**
  - **Tuesday, 7:15-8:15PM OR Friday, 10:05-11:45AM**

**Michigan Tech Student Session $50**
- **General Public Session $75**

Realistic self-defense tactics & techniques for women ages 12 & older. Not a Martial Arts program. Offered in conjunction with the Department of Public Safety & Police Services. **Class size is limited.**

### TRX + TOTAL BODY CONDITIONING with Kristen
- **SDC Studio**
- **January 23 - May 1 (no class 3/13)**
  - **Wednesday, 12-12:50PM**

**Michigan Tech Student**
- **16-Punch Card $45**
- **8-Punch Card $30**
  - **Daily $5**

**General Public**
- **16-Punch Card $75**
- **8-Punch Card $45**
  - **Daily $7**

Also included as an option on the Ultimate HuskiesFit Punch Card!

**Build your muscular strength & endurance, flexibility, balance, & cardiovascular system with this all levels TRX + total body conditioning class. Focuses on all muscle groups with a mix of TRX suspension training, body weight training, dumbbell, bosu balls, bands - fun new exercises each week! Push your limits and leave feeling accomplished. All exercises can be modified to suit your unique fitness needs. Class size is limited.**
#HealthyHuskies

### ALL LEVELS YOGA with Beth

**SDC Studio**

**January 22 - May 2 (no class 3/12, 3/14, 3/26 & 3/28)**

<table>
<thead>
<tr>
<th>Michigan Tech Student</th>
<th>16-Punch Card $45</th>
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<tr>
<td>General Public</td>
<td>16-Punch Card $75</td>
<td>8-Punch Card $45</td>
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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

A great fit for beginners & experienced yoga practitioners alike! Classes structured to fit all levels.

### BUTI FLOW with Natasha

**SDC Studio**

**January 21 - May 2 (no class 3/11, 3/14)**

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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

A calorie-scorching workout fusing power yoga with cardio-intensive bursts + dance + strength + conditioning + deep abdominal toning. A basic knowledge or background of fitness and/or yoga is suggested as this can be a bit of an intense workout.

### GENTLE YOGA with Beth

**SDC Studio**

**January 22 - May 2 (no class 3/12, 3/14, 3/26 & 3/28)**

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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

Class focusing on slow & easy movements to loosen joints, increase flexibility & muscle strength.

### MORNING FLOW YOGA with Joan & Noelle

**SDC Studio**


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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

Join us for a morning flow to get all the muscles and joints warmed up to start your day. All levels welcome!

### POWER YOGA with Morgan

**SDC Studio**

**January 24 - May 2 (no class 3/14)**

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<tr>
<th>Michigan Tech Student</th>
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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

An invigorating yoga class that connects breath to movement. Working on toning both body and mind, we will practice sequences that build stamina, strength and endurance.

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#CommitToBeFit

### STRETCH YOGA with Beth

**SDC Studio**

**January 23 - May 1 (no class 3/27)**

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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

This full body yoga stretch class is perfect for everyone! Great for those who sit all day, do a lot of travelling or are just generally tight and sore. The emphasis will primarily be our hips and hamstring, but the whole body will feel relaxed and regenerated.

### TONE & STRENGTH YOGA with Beth

**SDC Studio**


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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

Multi level for core strength, toning and boosting metabolism. A yoga ball & weights may be used.

### TAI CHI PRIME with Hilary

**SDC Studio**

**March 26 - April 30**

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<thead>
<tr>
<th>Michigan Tech Student Session</th>
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<tbody>
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<td>General Public Session</td>
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Low impact ancient Chinese exercise combining relaxed, fluid movement with a calm, alert mental state. Puts minimal stress on muscles & joints, making it safe for all ages & fitness levels. *Class size is limited.*

### FITBARRE with Traci

**SDC Studio**

**January 21 - April 29 (no class 3/11)**

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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

Get a ballerina’s focus & grace using strength-building barre routines set to lively music. *Class Size is limited.*

### AQUA-FIT

**SDC Pool**

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<thead>
<tr>
<th>Session 1: January 7 - March 1</th>
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*Also included as an option on the Ultimate HuskiesFit Punch Card!*

Low-impact water exercises to strengthen your muscles & improve your cardiovascular health.