SESSIONS & FEES

PUNCH CARD FEES
1 Class Card $5
5 Class Card $23
10 Class Card $40

• The FitChicago classes offered by the Department of Athletics & Recreation are free of charge to all UChicago students. Other members of the Gerald Ratner Athletics Center may take classes by purchasing a FitChicago Punch Card at the Ratner front desk. Students must show their UChicago ID and non-students must present a valid Punch Card to the instructor prior to each class.

• FitChicago Punch Cards may be used for any class except Private Swim Lessons (see the class description for information on lessons).

• No refunds are possible for FitChicago Punch Cards or Private Swim Lessons. Punch Cards have no expiration date.

CONTACT US

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Follow us! @Fit_UChicago

Group Exercise & Personal Training
FITCHICAGO

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.

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

FALL 2019 COURSES
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: Elizabeth Huppert

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 / 12 - 12:50 PM
Place: Ratner Center Dance Studio
Instructor: Olivia Biondi / Renard Johnson

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*
*NO CLASSES 10/6 & 10/20
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, WED, FRI / 6 – 9 PM
Place: Myers-McLoraine Swimming Pool
Instructor: Mary Flynn

CARDIO KICKBOXING

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

DAYS/TIMES:  MON, WED, FRI / 8 – 8:15 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, WED, FRI / 8:30 - 9:30 AM
Place: Ratner Center Dance Studio
Instructor: Earnestine Davis

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 / 12 – 1 PM
Place: Ratner Center Dance Studio
Instructors: Patricia Schulman / Latipha Rivers

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 asana (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: Latipha Rivers / 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 / 6:15 – 7:05 PM
Place: Henry Crown Field House Multipurpose Room
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, WED, FRI / 6:15 – 7:05 PM
Place: Henry Crown Field House Multipurpose Room
Instructor: Maria Cruz Gonzalez-Cadel

SCHEDULE NOTES: There will be no FitChicago Classes on Nov. 28 & 29. FitChicago Classes run from Oct 1. to Dec. 14.