SESSIONS & FEES

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

SPRING 2019 SESSION: April 1-June 14

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

CONTACT US

athletics.uchicago.edu
SHANELLE TAYLOR, FITNESS COORDINATOR
shanelle@uchicago.edu - 773-702-3848

Follow us! @Fit_UChicago
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 / 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
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 - 10 AM
Place: Myers-McLoraine Swimming Pool
Instructor: Mary Flynn, Learn to Swim with Mary, LLC
• Contact Mary Flynn at dmflynn@sbcglobal.net or (708) 271-7394 to schedule a lesson(s).
• Print your confirmation email & bring it to the Ratner front desk to purchase your lesson(s).
• Obtain a private swim lesson card and bring it to your lesson(s) to turn in to the instructor.
No refunds are given for no-shows or lost cards.

STRONG BY ZUMBA

This is a high-intensity interval workout driven by the science of Synced Music Motivation. We craft and reverse engineer the songs to match every move, driving the intensity in a challenging progression that provides a total body workout.

DAYS/TIMES: SUN / 11 - 12 PM
Place: Ratner Center Dance Studio
Instructor: Maria Cruz Gonzalez-Cadel

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)
Lathipa 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 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: Cecelia Pompeii / Sidra Newman

YOGA, ADVANCED

This class is for those who have completed the intermediate level and have a strong understanding of the poses and sequencing. This class will focus on refining the practice and deepening into the poses.

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

YOGA, ALL LEVELS

This class is designed for all levels of yoga practice and is suitable for beginners to advanced practitioners. It includes flowing yoga sequences with a focus on breath and technique.

DAYS/TIMES: SUN / 11 - 12 PM
Place: Ratner Center Dance Studio
Instructor: Maria Cruz Gonzalez-Cadel

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: TUES, THURS / 5:30-6:20 PM
MON / 9-9:50 AM
Place: Ratner Center Aux Gym
Instructor: Maria Cruz Gonzalez-Cadel

AQUA ZUMBA

Aqua Zumba® combines 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: TUES, THURS / 8:15 - 9:05 AM
SUN / 10 - 10:50 AM
Place: Ratner Center Dance Studio
Instructor: Maria Cruz Gonzalez-Cadel

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 - 10 AM
Place: Myers-McLoraine Swimming Pool
Instructor: Mary Flynn, Learn to Swim with Mary, LLC
• Contact Mary Flynn at dmflynn@sbcglobal.net or (708) 271-7394 to schedule a lesson(s).
• Print your confirmation email & bring it to the Ratner front desk to purchase your lesson(s).
• Obtain a private swim lesson card and bring it to your lesson(s) to turn in to the instructor.
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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