HUSKIESFIT ULTIMATE SESSION PUNCH CARD
This premium 8-punch card can be used to attend any of the following HuskiesFit Adult Group Fitness Classes:
- Afrobeat
- All Levels Yoga
- Fitbarre
- Gentle Yoga
- Intermediate Yoga
- POUND®
- Restorative Yoga
- Spin
- Spin & Pump
- STRONG by Zumba
- Tone & Strength Yoga
- TRX Body Blast
- TRX Fit
- Zumba

The HuskiesFit Ultimate Session Punch Card is good for Spring Semester 2018 only (expires 5/4/18).

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 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 classes 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. Customers may purchase extended parking passes at the SDC Ticket Office.

www.MichiganTechRecreation.com
Facebook: Michigan Tech Recreation
Twitter: @MichiganTechRec

HuskiesFit Programs @ the SDC
Spring Semester 2018

January - May

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

www.MichiganTechRecreation.com
Facebook: Michigan Tech Recreation
Twitter: @MichiganTechRec

#CommitToBeFit #HealthyHuskies
#FutureHuskies

**AIKIDO**

AIKIDO with Mark (Age 5+)

Session 1: January 19 - March 2
Session 2: March 9 - April 27 (no class 3/30)

Level 1 Friday, 6:30-7:00PM Session $49
Level 2 Friday, 6:30-7:30PM Session $56
Level 3 Friday, 6:30-8:00PM Session $63

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.

**HOCKEY**

FUNDAMENTALS OF HOCKEY SKATING (Age 3+)

MacInnes Ice Arena

January 20—February 24, Saturday, 9-10:20AM (Registration closes 1/13)
January 21—February 25, Sunday, 5-6:20PM (Registration closes 1/14)

Session $72 Practice only $12 (must have min. 1 skater in family signed up for lessons)

25-minute lesson & practice session. Fundamentals of hockey skating taught in four levels. Skaters will learn how to maneuver faster & be more agile on the ice, focusing on proper skating technique.

**SKATING**

LEARN TO SKATE (Age 3+)

MacInnes Ice Arena

January 20—February 24, Saturday, 9-10:20AM (Registration closes 1/13)
January 21—February 25, Sunday, 5-6:20PM (Registration closes 1/14)

Session $72 Practice only $12 (must have min. 1 skater in family signed up for lessons)

Snowplow Sam 1-3 (3-5yrs), Basic Skills 1-6 (6 yrs & up), Pre-Free Skate. 25-minute lesson & practice session. Beginning skating program for girls & boys, no experience necessary.

**SWIMMING**

Session 1: January 20 - March 3 (Registration closes 1/17, no class 2/10)
Session 2: March 24 - April 28 (Registration closes 3/21)

Parent/Child Class
Saturday, 10:15-10:45AM OR 11:15-11:45AM Session $38
Preschool (4-5yrs), Levels 1-6
Saturday, 10:00-10:50AM OR 11:00-11:50AM Session $50

Babies, toddlers & children up to 5 yrs. old learn to love the water. Older children learn swimming, diving & water safety (goggles recommended). Instructors are Red Cross certified.

**TUMBLING**

Twists & Tumbles (Ages 3-5)

SDC Studio

Session 1: January 19 - March 2 (Registration closes 1/12, no class 2/9)
Session 2: March 23 - May 4 (Registration closes 3/16, no class 3/30)

Friday, 4:30-5:20PM Session $42

An introduction to tumbling that teaches basic moves such as forward and backward rolls, head and hand stands, and cartwheels.

**LIFEGUARD CERTIFICATION**

SDC Rm 237 & SDC Pool
Certification—March 3-4, 9:00AM-3:00PM (Registration closes 2/24) Session $135
Re-Certification—March 4, 9:00AM-3:00PM (Registration closes 2/24) Session $55

Includes certification & all training materials. Must be 15 or older by March 3, 2018, able to swim 200-400 yds, tread water for 2 minutes & grab a 10-lb brick from 8-12 ft of water. Online training prerequisite must be completed prior to classroom instruction. Class size is limited.

#AerobicHuskies

**STRONG by ZUMBA with Sarah**

SDC Studio

January 22 - May 3 (no class 2/22, 3/8 & 4/19)
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. Not a dancer? There's plenty of rhythm to guide your movements. So much fun, you won't even realize you're working out!

**ZUMBA with Allison & Adria**

SDC Studio

January 22 - May 3 (no class 2/15, 3/21 & 3/28)
Monday, 6:15-6:05PM, Wednesday, 6:15-7:05PM, Thursday, 7:15-8:05PM

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 & helps tone the body & increase endurance. Not a dancer? There's plenty of rhythm to guide your movements. So much fun, you won't even realize you're working out!

**AFROBEAT FITNESS with Stephanie**

SDC Studio

Session 1: January 27 - March 3
Session 2: March 24 - April 28

Saturday, 2:00-2:50PM

Michigan Tech Student Session $24 Daily $5 General Public Session $30 Daily $7

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

Afrobeat Fitness is an energetic dance class associated with West African musical styles (Afrobeat) to create an exciting routine & a great cardio workout.

**AQUA-FIT**

SDC Pool

Session 1: January 8 - March 2 (no class 1/15)
Session 2: March 5 - May 4 (no class 3/10-3/18, 3/30)

Mon/Wed/Fri, 10:30-11:30AM with Julie
Mon/Tues/Thurs, 5:15-6:05PM with Karen

Session $58 16-Punch Card $75 8-Punch Card $45 Daily $7

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

**FITBARRE with Traci**

SDC Studio

Session 1: January 24—March 7 (7 weeks)
Session 2: March 21—May 2 (6 weeks, no class 3/28)

Wednesday, 5:15-6:05PM

Michigan Tech Student Session 1 $28 Session 2 $24
General Public Session 1 $35 Session 2 $30

Get a ballerina's focus & grace using strength-building barre routines set to lively music.
A modern Japanese Budo that use martial arts training as a means of character development. Registration closes after the first day of class. Uniforms available for purchase on the first day of class.

MUAY THAI KICKBOXING with Tim & Bryan
Session 1: January 23 - March 13 (no class 2/20) Session 2: March 15 - May 3 (no class 4/5)
Level 1: Tuesday, 6:30-8:00PM
Level 2: Thursday, 6:30-8:00PM
Learn the basics of Muay Thai Kickboxing & get a solid cardio/core workout as well as some self-defense skills. Level 2 - addition of more difficult strike techniques, one-on-one training & an intensified training regimen. Class size is limited. Participants need to bring their own wrist wraps to class.

RAPE AGGRESSION DEFENSE
January 16 - April 27 (no class 2/9, 3/13, 3/16)
Tuesday, 7:15-8:55PM 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 FIT with Emily
Session 1: January 23 - March 6
Session 2: March 20 - May 1
Tuesday, 6:15-7:05PM
Michigan Tech Student Session $28 General Public Session $35
Also included as an option on the Ultimate HuskiesFit Punch Card!
Build cardio & muscular endurance while improving flexibility & balance learning the primary movements of TRX. Perfect for those new to the TRX suspension trainer. Class size is limited.

TRX BODY BLAST with Emily
Session 1: January 23 - March 6
Session 2: March 20 - May 1
Tuesday, 5:15-6:05PM
Michigan Tech Student Session $28 General Public Session $35
Also included as an option on the Ultimate HuskiesFit Punch Card!
Use the TRX & your own body weight to push your fitness to the next level. Features two blocks of high intensity strength exercises sure to burn calories & tone muscles. Perfect for intermediate/advanced participants. Class size is limited.

INTRO TO ROCK CLIMBING
Multipurpose Room
Age 10 & under— Monday & Wednesday, 6:00-7:00PM
Session 1: January 15-31
Session 2: February 12 - March 5 (no class 2/21)
Session 3: April 2-18
Ages 10-17—Tuesday & Thursday, 6:00-7:00PM
Session 1: January 16 - February 1
Session 2: February 13 - March 6 (no class 2/20)
Session 3: April 3-24 (no class 4/5)

POUND®
SDC Studio
Rockin’ Fitness for Middle/High School Kids
4th Friday Fitness Parties—January 26, February 23, March 23, April 27 Friday, 5:30-6:20PM
Using RipStix®, lightly weighted drumsticks, become the music in this exhilarating full-body workout combining cardio, conditioning, & strength training with yoga & pilates-inspired movements. Open to all fitness levels & abilities.

SPRING 2018 CAMPS, CLINICS & TOURNAMENTS

Little Huskies Football Camp (Boys & Girls, Grades 2-4) SDC Multipurpose Room
Saturday, April 14 & 21, 10:00AM-12:00PM
Participant $25, Sibling $15
Little Huskies Girls Basketball Camp (Boys & Girls, Grades 2-5) SDC Multipurpose Room
Monday, April 16 - Thursday, April 19, 4:00-6:00PM
Participant $45, Sibling $25
#HealthyHuskies

**ALL LEVELS FLOW YOGA** with Joan & Beth
January 22—May 4 (no class 3/26-30)  
SDC Studio

Monday/Wednesday/Friday, 6:00-6:50AM AND Tuesday, 12:00-12:50PM

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!

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

**GENTLE YOGA** with Beth

January 23 - May 3 (no class 3/27 & 3/29)  
SDC Studio

Tuesday/Thursday, 11:00-11:50AM

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!

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

**INTERMEDIATE YOGA** with Morgan

January 22 - April 30 (no class 3/12)  
SDC Studio

Monday, 6:15-7:45PM

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!

This will get your blood pumping with a flow full of sun salutations, intuitive movement & breath work.

**RESTORATIVE YOGA** with Beth

January 24 - May 2 (no class 3/28)  
SDC Studio

Wednesday, 7:15-8:05PM

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!

Unwind & restore from your busy life with an emphasis on stretching for flexibility & joint health.

**TONE & STRENGTH YOGA** with Beth & Joan

SDC Studio

Thursday, 12:00-12:50PM with Joan AND Saturday, 10:00-10:50AM with Beth

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!

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

**YOGA for BACK HEALTH** with Joan

Session 1: January 22 - March 8  
Session 2: March 12 - May 3 (no class 3/26-3/29)  
SDC Studio

Monday/Wednesday, 2:00-2:50PM OR Tuesday/Thursday, 8:00-8:50AM  Session $63

Therapeutic yoga for a healthy back. Learn how to use yoga as a form of self-care with general guidelines & poses to support common back issues. Class size is limited.

#CommitToBeFit

**METABOLIC CONDITIONING** with Heather

January 23 - May 3  
SDC Studio

Tuesday/Thursday, 6:00 - 6:50AM
Every other Saturday, 8:00-8:50AM (2/3, 2/17, 3/3, 3/17, 4/14, 4/28)

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

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

**SPIN & PUMP** with Krista

January 22 - May 2 (no class 3/12, 3/14 & 4/11)  
SDC Studio

Monday/Wednesday, 12:00-12:50PM

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!

A high-energy cycling fitness class with an additional abs & arms sculpting portion. 30 minutes of calorie crushing cycling mixed with 15-20 minutes of full body toning - legs, arms, & abs. Great for all fitness levels.

**SPIN with Krista & Ann**

January 25 - May 3 (no class 3/15 & 3/29)  
SDC Studio

Thursday, 6:15-7:05PM

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!

Jump on your bike & spin through warm-ups, sprints, climbs, cool-downs & more with plenty of encouragement & upbeat music. No previous experience required. Class size is limited.

**POUND®** with Rochelle

January 25 - May 3 (no class 3/18, 4/1, 4/5)  
SDC Studio

Sunday, 1:00-1:50pm AND Thursday, 5:15 - 6:05PM

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!

Using Ripstix®, lightly weighted drumsticks, become the music in this exhilarating full-body workout combining cardio, conditioning, & strength training with yoga & pilates-inspired movements. Open to all fitness levels & abilities.

**SIMPLE CHANGES** for a HEALTHIER LIFESTYLE with Joan

SDC Multi Rm 121B

Session 1: January 24 - February 14  
Session 2: February 21 - March 14  
Session 3: April 4-25

Wednesday, 12:10-12:50PM  Session $30

Weekly classes cover a variety of topics on nutrition & all things that nourish us. Bring your lunch & join us for this casual information packed class where we will learn something new each week.