

WELLNESSES

SUMMER 2023 SCHEDULE	DATE	TIME	REGISTRATION
<p>AMERICAN HEART ASSOCIATION CERTIFICATION COURSE HeartCode Basic Life Support for Healthcare Professionals Recognize life-threatening emergencies, provide CPR, use an AED + relieve choking. Self-directed eLearning followed by a hands-on in-person session. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i></p>	2nd Tuesday of Every Month 6/13/23 7/11/23 8/8/23	12:00 — 1:00PM	Online + In-Person Sessions Re- quire Separate Fees + Separate Registrations
<p>INITIAL CONSULTATION + FITNESS ASSESSMENT Identify strengths + opportunities in fitness + aide in setting attainable goals. Includes: Body Composition Analysis, Cardiovascular Endurance Test, Muscular Strength/Endurance Test + Flexibility Test. <i>Open to UTHHealth Students, Rec Center Members + Eligible Members</i></p>	Monday thru Friday	By Appointment	\$30—UTHHealth Students \$35—Rec Center Members \$50—All Other TMC Institutions
<p>PERSONAL TRAINING Your goals, fitness level, schedule + medical history are all vital. As you progress, your Certified Personal Trainer will too. Half-hour + one-hour sessions available. <i>Open to UTHHealth Students + Rec Center Members</i></p>	Monday thru Friday	By Appointment	Various Packages Available
<p>EQUIPMENT ORIENTATION Lost in the weight room? Let a trainer show you the ropes. Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to UTHHealth Students + Rec Center Members</i></p>	Monday thru Friday	By Appointment	FREE!

CONTACT Corey Jefferson — Wellness Coordinator + Personal Trainer
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OFFICE 713-500-8427
WEBSITE www.uth.edu/recreation-center
ADDRESS UTHHealth Recreation Center
 1832 West Road
 Houston, TX 77054
HOURS Monday— Friday 5:30AM to 10PM
 Saturday 8AM to 8PM
 Sunday 10AM to 8PM

