



Thursday, January 24, 2002

## Employees get fitness, recreation discounts

By *Jennifer Charney*, OU Staff Writer

Need to get in shape or have fun with colleagues? Oakland University faculty and staff have access to advanced fitness and health services and facilities, many of which are discounted for employees.

The **Recreation Center**, **Meadow Brook Health Enhancement Institute** and **Golf and Learning Center** all offer OU employees discounts for their services.

This article is the third in a weekly series on OU employee discounts and services. The **first story** covers various discounts. The **second story** features entertainment discounts. Upcoming stories will cover discounts on services for children and career and personal counseling.

### Recreation Center

#### Membership

The Recreation Center rivals or exceeds many of the amenities of commercial health clubs, at a discount for OU employees. The center features a 50-meter pool, bubble pool and spa, racquetball courts, squash court, table tennis, 177-yard indoor track, gymnasium, strength training equipment, cardiovascular training equipment, aerobic rooms, family changing room, social lounge, big screen TV, patio and more – all on campus.

OU employees pay \$330 for an annual **membership**, compared to the non-employee price of \$440. A mini pass, which is a 10-visit entry pass, sells for \$50, offering a saving of \$10 compared to purchasing ten \$6 daily guest passes.

#### Fitness classes

The Recreation Center also offers **fitness classes** free to all members.

Group exercise sessions include Pilates Method, Fitness Yoga, Triathlon Training, Tai Chi, Water Aerobics, Intro to Step, Intro to Cycle and Hard Core Cycle. The center also offers fitness assessments; equipment orientation; fitness and wellness seminars, which cover topics such as herbal remedies and vegetarian diets; weight training for women; strength and wellness fundamentals; and massage therapy.

#### Intramurals

The Recreation Center's **intramural program** offers team and individual sports for all Recreation Center members. Sports include racquetball, basketball, volleyball, floor hockey, flag football and more.

Members are welcome to sign up as individuals or with teams of their choosing – there are teams and sports for men, women and coed. The center also can set up tournaments according to interest in sports such as racquetball or table tennis.

Winter 2002 team programs begin the last week of January. Individual sports start later.

For more information, contact Scott McColley at (248) 370-4913 or [sgwilkin@oakland.edu](mailto:sgwilkin@oakland.edu).

#### Aquatics

**Aquatics** offerings include water aerobics, open swimming, and private and group swimming classes for infants to adults.

Winter 2002 classes begin Jan. 28 for children and Jan. 29 for adults. Register at the Welcome Center. Payment is required at the time of registration.

For more information, contact McColley at (248) 370-4913 or [sgwilkin@oakland.edu](mailto:sgwilkin@oakland.edu).

#### Welcome Center

The Recreation Center's Welcome Center is the place to register for classes. It's open during regular operation hours: Monday through Thursday, 6 a.m.- 11 p.m.; Friday, 6 a.m.-9 p.m.; Saturday, 9 a.m.- 9 p.m.; and Sunday, noon to 11 p.m.

### **Meadow Brook Health Enhancement Institute (MBHEI)**

The Meadow Brook Health Enhancement Institute (MBHEI) offers OU employees discounted services in preventive medicine, weight control, nutrition, behavioral modification, cardiac rehabilitation and physical conditioning. Facilities include a one-tenth-mile cushioned track, stationary aerobic equipment, resistance exercise room, locker facilities with showers, whirlpools and saunas, exam rooms, classrooms and a library area.

#### **MBHEI offers these programs:**

- The Primary Prevention Program addresses nutrition, weight control, physical functionality, substance control, stress management and modification of risk factors associated with chronic degenerative diseases. The program includes a comprehensive medical history review and physical examination. In an extensive consultation, results are presented and explained and a plan is developed to reduce the risk of health problems and to improve the participant's feeling of well being. Ongoing assessments also are part of the program.
- The Cardiac Rehabilitation Program involves structured, supervised exercise therapy sessions three times a week to promote conditioning and reduce the risk of coronary artery disease progression.
- Fit for Life, designed for individuals age 50 and older, includes a comprehensive exercise program and monthly lectures emphasizing health enhancement.
- Just for Women is a unique program that brings women together to support one another as they learn about nutrition, women's health issues and physical conditioning, and lifestyle change. The program includes a health risk appraisal and exercise at the institute.
- The Weight Management Program includes structured weight control, physical activity, nutritional education and behavioral modification.
- MBHEI also offers nutritional counseling and education, wellness and executive coaching, and personal training.

For more information on MBHEI programs, contact (248) 370-3198 or [hewitt@oakland.edu](mailto:hewitt@oakland.edu).

### **Golf and Learning Center**

Katke-Cousins Golf Course offers an 18-hole challenging golf experience for Oakland students, faculty and staff, alumni and President's Club affiliates and their guests. The course is usually open from March to November. For rates, refer to the **current fee structure**. The OU Golf and Learning Center also offers non-discounted instruction.

#### **SUMMARY**

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