

Monday, December 7, 2009

Rec Center Free Preview Day

FREE PREVIEW DAY

At the Oakland University Recreation Center

Thursday, January 7, 2010

5:30AM – 10PM

The Oakland University Recreation Center Invites OU Alumni Faculty, Staff and Students to our FREE Winter Preview Day on Thursday, Jan. 7. Bring your family and friends to use the recreation center FREE of charge on Thursday, January 7. All event attendees can enjoy FREE entry, use of the facility, sport massages, group exercise classes, yoga, new Pace Yourself treadmill training and BLAST class, and Cycling demonstrations, sports activities and more!

**Children must be accompanied by parent/guardian. Children must be 16 to be in the fitness center.*

MEMBERSHIP PROMOTION - OFFERED THIS DAY ONLY!

New Members or Those Renewing Expired Rec Center Memberships:

- Sign-up for a 12 month membership on Jan. 7 and get \$30 off the price of your membership!
- OU Faculty/Staff annual memberships are just \$30 per month via payroll deduction.

Existing Rec Center Members:

- Sponsor a Non OU affiliated friend into a NEW annual membership, and receive one (1) FREE month added to your existing membership.
- Sponsor a friend into a new four month membership and receive 2 free guest passes!

**Promo applies only to primary memberships. Dependents and children added to an existing membership do not qualify as new sponsored members. Promotion ends 1/7/10.*

Preview Day Activities:

TIME	ACTIVITY
6:00-7:00a	Pace Yourself Demo (Treadmill Training). Demo is every 10 min.
6:30-7:00a	B.L.A.S.T. Demo (Building Lean Athletic Strong Toned bodies)
7:00-7:30a	B.L.A.S.T. Demo (Building Lean Athletic Strong Toned bodies)
7:00-8:00a	Cycling Class Demonstrations
9:00-10:00a	Cycle
10:15-11:15a	Zumba
11:30-11:55a	Core Strength
1:10-1:45p	Circuit Express
2:00-2:45p	Strength Express
4:00-5:00p	On the Ball
5:15-6:00p	Cycle
5:15-6:15p	Boot Camp
6:00-9:00p	Drop-in 4 vs 4 Indoor Soccer
7:00-8:00p	Vinyasa Yoga
8:15-9:15p	Zumba

Call (248) 370-4REC or go to www.oakland.edu/campusrec for more information

SUMMARY

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