

Thursday, February 21, 2008

Rec Center offers spring deals

Beginning March 5, half-semester memberships to the Oakland University Recreation Center will be available for \$100. The memberships are valid through May 4. Rec Center members have access to a 50-meter pool, three-court basketball gym, fitness center, weight room, 177-yard indoor track, three racquetball courts, a squash court, cycling room, aerobic studios and more. Members can also attend more than 25 group exercise classes at no additional cost and enjoy complementary equipment rental, locker usage and court reservations.

The Rec Center also offers specialty classes in yoga, Pilates, water aerobics and tai chi available to members for \$25.

There are a number of other Rec Center programs that members can take advantage of.

One of the Rec Center's newest offerings is the Pilates Reformer Training. Instructors help participants utilize an Allegro Reformer to strengthen the core and focus on muscular balance. The cost to Rec Center members is \$125 for three sessions.

Group personal training sessions are available for \$150 per Rec Center member. Group training is designed for individuals who would like to hire a personal trainer, but want a more affordable option and the support of a group. The program meets two times per week for five weeks. The next session starts March 24.

The Workout Design Swim Clinic helps participants get the most of their swims. The sessions include classroom discussion, skill assessment, demonstration and practice. The clinic begins March 13 and is available for \$14 for Rec Center members.

The Advance Basics Adult Swim class focuses on stroke development and improvement of basic skills. For those who don't know how to swim, Swimming 101 is for adults just starting out in swimming. The class focuses on getting comfortable with the water and learning the basic mechanics for swimming. The cost for either of these classes is \$40 per class. Classes run March 10 through April 3.

For more information on Recreation Center memberships or programs, visit the **Campus Rec** Web site or e-mail taylor4@oakland.edu.



OU's Rec Center is offer half-semester memberships.

SUMMARY

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