

Thursday, March 13, 2008

Rec Center offers spring deals

Get in shape for swimsuit season! The Oakland University **Recreation Center** invites you to purchase a half semester membership for just \$100 per person. These half semester memberships go on sale March 5 and are valid through May 4, 2008. OUAA members are eligible for the great annual Rec Center membership rate of \$440 and can sign up for an annual membership anytime. All Rec Center members have access to a 50 meter pool, a three-court basketball gym, fitness center and weight room with over 100 pieces of equipment, a 177-yard indoor track, three racquetball courts, a cycling room, aerobic studios, and much more. Members can attend more than 25 free group exercise classes and enjoy complimentary equipment rental, locker usage, and court reservations.

All members are offered discounts on numerous programs and services. Be sure to check out these new programs designed to get you in shape for summer:

In addition to free group exercise classes, members may choose to attend specialty classes. Specialty classes include yoga, Pilates, water aerobics, and tai chi. Starting March 5, the price of a pass that gives you access to any and all of these specialty classes drops to just \$25.

A new offering this year is Pilates Reformer Training. Sign up for this training and an instructor will help you utilize an Allegro Reformer to strengthen your core and focus on muscular balance. Cost to Rec Center members is just \$125 for three (3) sessions!

If you need extra motivation to workout, try group personal training. Group personal 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. This program meets twice per week for five weeks, and the cost is just \$150 per Rec Center member. The next session starts March 24 and runs through April 27, 2008.

Swimming can get you in shape and ready for the water in no time. Attend our Workout Design Swim Clinic and let us help you get the most out of your swims. This session will involve classroom discussion, skill assessment, demonstration and practice. The Workout Design Swim Clinic is offered on March 13, and is only \$14 for Rec Center members.

Join the Advance Basics Adult Swim class to focus on stroke development and improvement of basic skills. Don't know how to swim? Sign up for Swimming 101 and join a group of adults who are just starting out in swimming. This class will focus on getting comfortable in the water and the basic mechanics of swimming. Cost to Rec Center members is just \$40 per class. These classes run March 10 to April 3, 2008.

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

SUMMARY

Get in shape for swimsuit season! The Oakland University **Recreation Center** invites you to purchase a half semester membership for just \$100 per person. These half semester memberships go on sale March 5 and are valid through May 4, 2008. OUAA members are eligible for the great annual Rec Center membership rate of \$440 and can sign up for an annual membership anytime. All Rec Center members have access to a 50 meter pool, a three-court basketball gym, fitness center and weight room with over 100 pieces of equipment, a 177-yard indoor track, three racquetball courts, a cycling room, aerobic studios, and much more. Members can attend more than 25 free group exercise classes and enjoy complimentary equipment rental, locker usage, and court reservations.

Created by CareTech Administrator (webservices@caretechsolutions.com) on Thursday, March 13, 2008
Modified by CareTech Administrator (webservices@caretechsolutions.com) on Thursday, March 13, 2008
Article Start Date: Monday, March 10, 2008