

# WELLNESSES

SPRING 2024 SCHEDULE	DATE	TIME	REGISTRATION
<b>1,200 POINT CHALLENGE</b> 6—week, self—paced challenge to earn 1,200 points. 1 minute of exercise = 1 point. Think you’ve got what it takes? All earning 1,200 points get a T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	1/29— 3/8	Self—Paced Minutes due Mondays	<i>FREE!</i> Sign-Up 1/8—1/28/24 <u>Spots are limited!</u>
<b>BENCH PRESS COMPETITION</b> 1—rep max friendly competition with divisions for sex/weight class. All competitors earn a T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	3/5 or 3/6	12:00—1:00PM or 5:00—7:00PM	<i>FREE!</i> Sign-Up 2/12—3/4/24 <u>Spots are limited!</u>
<b>IRONMAN CHALLENGE</b> Run, bike, + swim over 200 miles total in this 6-week, self paced challenge. Because one sport isn’t hard enough. All finishers earn a T-SHIRT! <i>Open to UTHHealth Students + Rec Center Members</i>	3/11— 4/19	Self—Paced Miles due Mondays	<i>FREE!</i> Sign-Up 2/12—3/10 <u>Spots are limited!</u>
<b>AMERICAN HEART ASSOCIATION CERTIFICATION COURSE</b> 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>	2nd Tuesday of Every Month	12:00 —1:00PM	Online + In-Person Sessions Require Separate Fees + Separate Registrations
<b>INITIAL CONSULTATION + FITNESS ASSESSMENT</b> 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>	Monday thru Friday	By Appointment	\$30—UTHHealth Students \$35—Rec Center Members \$50—All Other TMC Institutions
<b>PERSONAL TRAINING</b> 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>	Monday thru Friday	By Appointment	Various Packages Available
<b>EQUIPMENT ORIENTATION</b> Lost in the weight room? Let a trainer showy you the ropes. Learn adjustments for proper biomechanics, safety + effectiveness. <i>Open to UTHHealth Students + Rec Center Members</i>	Monday thru Friday	By Appointment	<i>FREE!</i>

**CONTACT** Corey Jefferson — Wellness Coordinator + Personal Trainer  
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**WEBSITE** [www.uth.edu/recreation-center](http://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

