

MATC FITNESS, HEALTH & RECREATION FACILITY HOURS – Fall 2007

3550 Anderson Street, Madison, WI 53704 (608)246-6093

Website: matcmadison.edu/fitnesscenter

August 27, 2007 through December 20, 2007

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight Room/Cardio (Room 201)	6:30am-9:20am 10:30am-1:00 pm 2:30pm-8:00pm	(8/28 to 10/18) 10:30am-8:00pm (10/23 to 12/20) 10:30am-12:20pm 1:30pm-8:00pm	6:30am-9:20am 10:30am-1:00 pm 2:30pm-8:00pm	(8/28 to 10/18) 10:30am-8:00pm (10/23 to 12/20) 10:30am-12:20pm 1:30pm-8:00pm	6:30am-6:00pm	8:00am – 11:00 am
Racquetball Courts (Room 201)	6:30am-10:20am 12:00pm-8:00pm	1:00pm-8:00pm	6:30am-10:20am 12:00pm-8:00pm	1:00pm-8:00pm	6:30am-6:00pm	8:00am – 11:00 am
Swimming Pool Lap Swim (Room 111)	6:30am-9:00am 10:30am-12:25pm 4:00pm-6:10pm	10:30am-12:25pm 3:30pm-6:10pm	6:30am-9:00am 10:30am-12:25pm 4:00pm-6:10pm	10:30am-12:25pm 3:30pm-6:10pm	6:30am-9:00am 10:30am-12:25pm 4:00pm-6:00pm Family Swim: 6:00pm-7:30pm (Begins Oct. 5th)	8:00am – 9:20 am
Master Swim (Room 111)		6:00am-7:15am		6:00am-7:15am		
Group Fitness Classes (Racquetball Courts)	12:00pm – AB-Blast	**3:30pm- Power Flow Yoga **4:30pm-Vinyasa Yoga ** Note additional charge & pre-registration requirements	12:00pm – AB-Blast	**3:30pm-Vinyasa Yoga **4:30pm- Power Flow Yoga ** Note additional charge & pre-registration requirements	12:00pm – AB-Blast	
Aqua Fitness (Room 111)		11:30am		11:30am		
Office (Room 112A)	6:30am-8:00pm	9:00am-8:00pm	6:30am-8:00pm	9:00am-8:00pm	6:30am-6:00pm 6:30am-7:30pm (Begins Oct. 5th)	8:00am-11:30am

Gymnasium: Availability based on Physical Education Classes, Athletics, and Fitness, Health & Recreation Programming.

Group Fitness Class Descriptions

AB Blast: 15-minute effective, efficient class targeting abdomen/back muscles. (Racquetball Ct.)

Aqua Fitness: 50-minute water workout incorporating aerobic and strength moves performed in shallow and optional deep areas. (Pool)

****Power Flow Yoga:** 55-minute class focusing on strength and mental focus through continuous movement. (Racquetball Ct.)

****Vinyasa Yoga:** 55-minute class focusing on breathing and relaxation through the practice of slow and fluid movements. (Racquetball Ct.)

Additional charge for Power Flow Yoga and Vinyasa Classes: Student \$20.00, Staff & Community \$40.00 per 8 week course (Minimum of 10 pre-registered required for class to run – Sign up in 112A).

Session I: September 4, 2007 – October 18, 2007

Session II: October 23, 2007 – December 13, 2007

Hours listed are the OPEN hours! All hours subject to change!

The MATC Fitness Center reserves the right to cancel programs based on attendance levels.

MATC FITNESS, HEALTH & RECREATION FALL PRICE INFORMATION

	SINGLE	FAMILY
Student	OneCard - Student ID All Truax, Downtown and Commercial Avenue students who take a degree credit course will have access to the Fitness Center with a valid OneCard.	\$75/Semester Summer - \$50 Includes spouse and any children under the age of 18 Student must present a valid OneCard when membership is purchased
Staff	\$90.00/Semester Summer - \$60.00 FALL FRENZY: Become a member between August 21 & September 7, 2007 and pay \$75.00 per semester. <i>(Must register for the entire school year for discount).</i>	\$140/Semester Summer - \$100
General Single	\$115.00/Semester Summer - \$85.00 Special - \$210/School Yr. \$275/Calendar Yr.	\$190/Semester Summer - \$130 Includes spouse and any children under the age of 18
Senior – 60+	\$70.00 Summer - \$60.00	\$110/Semester Summer - \$90 Includes spouse and any children under the age of 18
Temporary Membership	\$80 – General \$60 - Senior 20-visit pass good for three months from date of purchase	<p>Memberships will be pro-rated on October 1, 2007 AND November 5, 2007</p> <p>Please call for current membership prices or visit the website at <u>www.matcmadison.edu/fitnesscenter</u></p>
Alumni Membership	20% off of the general membership price. Must be a current alumni member and present an Alumni membership card. MATC Foundation (608)246-6441	
Masters Swim Membership	For rates and more information, inquire at www.matcmadison.edu/fitnesscenter	
**Yoga/Pilates	Student \$20.00 per 8 wk. course Staff & Community \$60.00 per 8 wk. course <i>(Minimum of 8 pre-registered required for class to run – Sign up in 112A).</i>	
Day Pass	\$5	
Double Day Pass Day	Purchase one day pass and get a second FREE! The 6 th of each month – Sept. 6, Oct. 6, Nov. 6 & Dec. 6, 2007. Members – Bring a friend for a free Day Pass!	

Receive a FREE Day Pass to bring a friend, when a membership is purchased!

CLOSED DATES:

September 1, 2 & 3, 2007

October 24, 2007

November 21, 2007 – **CLOSED at 1:30 PM**

November 22, 23, 24 & 25, 2007

December 21 through January 6, 2008

March 14, 2008

March 17 through March 23, 2008

May 24, 25 & 26, 2008

July 3, 2008 – **CLOSED at 1:30 PM**

July 4, 2008



G R E A T D E A L !