



# UNIVERSITY FITNESS CENTER SPECIALTY CLASSES

## February 2026



February  
**6**



**Strength Starts Here:  
Dumbbell  
Power Hour  
5:00 – 6:00 p.m.**

February  
**18**

**Brain Health Basics  
Information Session  
5:00 p.m.  
FREE**



February  
**7**



**Power & Precision:  
Golf Conditioning:  
Ladies Workshop  
9:00 – 10:30 a.m.**



February  
**21**

**Strength Starts Here:  
Resistance Band  
Power Hour  
8:15 – 9:15 a.m.**



**Pilates Mat Reset  
Workshop:  
9:30 – 11:00 a.m.**

February  
**8**



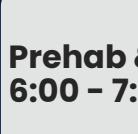
**Running the Race  
Workshop  
9:00 a.m.**

February  
**28**

**Strength  
Starts Here:  
Own the Big 3  
Workshop  
10:30 – 11:30 a.m.**



February  
**10**



**Prehab & Plyos  
6:00 – 7:15 p.m.**



February  
**12**



**Running the Race  
Workshop:  
5:30 p.m.**

\*UFC membership is not required to  
participate in Specialty Classes.

Each workshop is  
\$25 for UFC Members or \$40 for Non-Members  
(unless noted otherwise)