



FAQs

What is UMove Fitness?

UMove Fitness (UMove) is a program within Physical Education in the UM School of Kinesiology. It has been providing group exercise classes for over 30 years.

Who can take UMove classes?

Classes are open to registered students, faculty/staff and others affiliated with UM. You must be at least 18 years of age unless you are a UM student. The vast majority of participants are UM students.

Where is the UMove office?

We are located in Rm 3064 Central Campus Recreation Building, just down the hall from the main Rec Sports office. Normal office hours are 8:30 am–5:00 pm Monday–Friday, except the first two weeks of a new session when we're open until 6:00pm Monday–Thursday.

How can I contact UMove?

Phone: 734.764.1342

Email: umove@umich.edu

Fax: 734.647.6375

Assistant Director, Sheila Calhoun: 734.647.9852, sheilacalhoun@umich.edu

What is the website address?

Homepage: www.kines.umich.edu/umove

Registration page: www.umoveregister.org

What types of classes are offered?

Cardio such as Zumba, step, kickboxing, turbokick and hip hop. Strength and conditioning classes like kettlebell, core strengthening, total body and bootcamp. There are also Pilates and various types of yoga classes as well as some instructional dance classes like ballroom and belly dance. Other instructional classes include swimming, tennis, golf and Tae Kwon Do. New classes are added to the schedule each semester to keep it fresh. We partner with Rec Sports to offer a few rock climbing classes too. Classes coincide with the academic calendar.

What are the qualifications of the instructors?

Our instructors have CPR/AED and First Aid certifications and are certified in their area of expertise or have many years of teaching experience. They are highly motivated to provide a great workout that's safe, fun and effective.

Where are classes held?

Most classes are held in the three Recreational Sports facilities (CCRB, NCRB and IMSB). Some classes are also held in Residence Halls when possible.

Is there a fee for the classes?

Our classes are very reasonable priced and are a good value. Participants will register for the entire academic semester (say 12 weeks) and most classes meet once a week for an hour. Most classes are priced at \$6/class and the total amount paid at registration is based on the number of times it meets in the semester. We also offer “Buy 3, Get 1 Free” specials and periodically have coupons with discounts available.

How do I register for classes?

The best way to register is to go to our online registration site www.umoveregister.org and use your credit card to register. You can also come into our office and complete a registration form or fax the form to us. We accept cash, credit (VISA, MC and Discover) and checks. We can also bill student accounts and do payroll deduction. Non-credit card purchases must be done in our office.

Can you just drop into a class?

Drop-in passes cost \$7 each and allow you to go to almost all classes on the schedule. Passes should be purchased in the UMove office during our business hours and you can purchase more than one at a time. They never expire. After business hours, or for classes at locations other than the CCRB, instructors can take \$7 cash for the drop-in. Drop-in passes cannot be purchased online. Instructors will allow drop-in participants if space allows. Drop-in passes can only be purchased by people who have unrestricted access to UM Rec Sports facilities (i.e., registered students and those with Rec Sports memberships).

What is a Semester Pass?

A Semester Pass is like an unlimited drop-in pass. You can purchase a Semester Pass instead of registering for actual classes and then just show up at any class that allows for drop-in. Semester Pass holders receive a laminated pass to show the instructor. Semester Passes can only be purchased by people who have unrestricted access to UM Rec Sports facilities (i.e., registered students and those with Rec Sports memberships) and must be purchased in the UMove office. If space becomes an issue, Semester Pass holders have priority over drop-in passes. But those registered for the class will always have first priority. A fall and winter pass costs \$250 each; a spring and summer pass costs \$125 each or \$200 for spring and summer combined.

What is a Limited User Pass?

If you are not a currently enrolled UM student or do not have a Rec Sports membership, you do not have access to the Rec Sports facilities where most of our classes are held. These people must then purchase a Limited User Pass from us for a small additional cost regardless of the number of classes they have registered for. UMove staff will then have your MCard coded so you can enter the building 15 minutes before class begins. You must also leave 15 minutes after class ends. UMove Fitness is not a Rec Sports program but we do partner with Rec Sports for use of its facilities. Limited User Passes must be purchased either in our office or you can call our office after you completed your online class purchase and we can assist you. A Limited User Pass costs \$15 each for fall and winter semesters; and costs \$8 each for spring and summer semesters.

I was sick and couldn't attend my class. Can I make it up?

You are entitled to one make up class per semester for each class you are enrolled in for legitimate reasons (illness, unexpected travel). Just ask your instructor for a make-up pass. It can then be used for any other class on the schedule that allows drop-in. It must be used within the same semester and can only be used by you. If you purchased a Limited User Pass, you must show your make-up coupon and MCard to the Rec Sports entrance monitor when you come to take your class because most likely you will not have building access at that time. They will know it's okay to let you in for your make up class.

What happens when the instructor can't teach a class?

Every effort is made to find a substitute instructor before the class is cancelled. You will be notified as quickly as possible in the event of a cancellation via email, so it's best to be sure your proper email is in our system. When possible, an announcement is also posted on the UMove homepage about the cancellation and signs are posted on the classroom door. If the class is cancelled, the instructor will let you know about a make-up date in the future.

What happens when there is inclement weather?

Every effort is made to hold classes regardless of weather because most of our participants are students who can walk to classes. However, sometimes instructors can't make it in. When this happens, we do our best to email or call (small classes) about the cancellation. We will also try to post the information on our homepage and post a cancellation sign on the classroom door. The instructor will arrange a make-up date. During extreme weather, it's best to check our website to see if all classes have been cancelled or call the UMove office.

Can I take UMove classes for academic credit?

We have a few classes you have the option of taking for academic credit: Beginning Swim 1 and 2, Intermediate Swim, WSI, Lifeguarding and Tae Kwon Do. Check with your academic unit to see if you can do this because not all schools will accept the class for credit. You must register for the class first with UMove and pay the class fee, then get an override from our office so you can then register on Wolverine Access for academic credit. You will also need to pay any fee to UM if required for credit separately.

Can UMove provide instructors for special events?

Yes! We get special requests all the time from special interest groups on campus for one-time classes. Please call our office for details.

What else does UMove offer?

Of course, our exercise classes are the main thing we provide. But we have these other great programs as well:

- [KidSport Summer Camp](#): Parents can choose from 1–7 weeks of different sport camps for their 4–15 year olds during the summer months.
- Lifetime Fitness: A free exercise program for older adults held at Briarwood Mall three times a week.
- [UMeet the Athlete](#): Each academic year, children age 5–12 can spend time with UM varsity athletes in the sport they love while learning skills and interacting with the players. Those interested should check our website for details and dates of programs.
- [PE Workshop](#): Local physical educators attend an annual day of sessions to learn new and exciting programs to bring to their classrooms.
- Lifetime Fitness: This is a free exercise program for older adults that is held at Briarwood Mall on Monday, Wednesdays and Fridays from 9-10:00 am. The UMove office can be contacted for more information.