FAQs

What will now be available under the new Kinesiology Community Programs (KCP)?

- You’ll still be able to register for lifelong recreational activities such as learn to swim, swim conditioning, and learn to play tennis and golf classes, as well as CPR and First Aid certification courses. Swim classes are still available for academic credit.
- KCP will also continue to offer KidSport Summer Camp, U-Meet the Athlete, and Lifetime Fitness classes, as well as the annual Health and Fitness Workshop.
- To register for future KCP classes and events, you will use the Eventbrite registration links on our website, kines.umich.edu/community-programs. Our current registration system will no longer exist as of May 1, 2016.
- Contact information for KCP Director, Kerry Winkelseth:
  o kebwink@umich.edu
  o 734-647-2708

How do I register for Recreational Sports Group-X classes?

- People can purchase an unlimited semester pass or day pass in the main offices of the Central and North Campus Recreation Buildings to participate in Group-X classes.

What is the cost?

- Spring Group-X Unlimited Semester Passes are available for $25 (students) or $30 (members), or can be purchased for the spring and summer at $40 (students) or $50 (members). A $5 day pass can also be purchased. All passes are available in the CCRB and NCRB business offices.

What types of group fitness classes are offered?

- There is a variety of classes ranging from yoga, Zumba, cycling, and various strength and cardio classes. The variety of classes will continue to expand as the program expands. See the full Recreational Sports Group-X class schedule here.

Where will classes be held?

- Recreational Sports Group-X classes are currently held in room 2275, racquetball court 11, and the cycling studio at CCRB, and court 230 at NCRB.

I’m not a registered student and don’t have a Recreational Sports membership. How do I get in the building?

- If you’re not a registered student or a Recreational Sports member, you will need to purchase a Recreational Sports membership or purchase a facility access day pass. Here is more information about memberships.