Session-Based Fitness Programs - Fall 2015

Try Before You Buy: Attend Session-Based fitness programs and Group Ex classes FREE from August 31 to September 6!

Session 1: September 8 - October 21, 2015 (No classes October 12-13) | Session 2: October 26 - December 8, 2015 (No classes November 25-27)

Gateway Seniors: Fit Over 50
Designed for adults aged 55+ who would like to increase strength, range of motion, agility, balance, and coordination as well as improve overall health. All exercises can be done from a chair or standing. This class is a great way to meet new people and socialize.

Meets: M/W 10:00-10:50 a.m. (Foster Room)
Member: $30; Non-Member: $45

Gateway Seniors: Tai Chi
For adults aged 55+ (or anyone). Research shows the slow and gentle movements of Tai Chi can lower blood pressure, strengthen the immune system and improve balance, reducing the likelihood of falls by up to 40%.

Meets: Tu/Th 10:00-11:00 a.m. (Foster Room)
Member: $30; Non-Member: $45

In-Deep! Aqua
This deep water aqua fitness program will have you suspended in the deep end utilizing floating belts and water weights for an awesome workout. Meets: M/W - 10:30-11:30 a.m. (Wallace Pool) - No classes November 25-27
Fall Session: Aug. 31 to Dec 9. Member: FREE; Non-Member: $45

Train for Katahdin - NEW!
A successful climb of Katahdin needs cardio, strength, balance and flexibility. A personal trainer will introduce you to specific cardio training methods to improve your overall endurance for the trip and resistance exercises that will strengthen the muscles used during climbing and descending. Specific stretches and yoga techniques will also be used to increase the range of motion of your joints and improve core strength to help the body move around and over boulders on the trail. Gear and preparation will also be discussed. Price includes all fees for the guided trip up to Katahdin, food not included. Climb Katahdin on Saturday, October 17 via the Saddle trail. Trip led by an experienced Maine Bound guide.

Fall Session: Sept 21 - Oct 14 - No class Oct 12
Meets: M/W 5:30 – 6:30 p.m. Members: $65; Non-Members: $80

12-Week Team-Based Fitness Programs
Fall Session: Sept 14 - Dec 11, 2015 (No sessions Oct 12-13, Nov 25-27)
Registration Starts: August 17 | Registration Deadline: September 10

Big Bears to Little Bears: A comprehensive 12-week team-based weight loss challenge. Refer to website or BBLB info flyer for more details! Member: $115; Non-Member: $140 (Includes a Semester FitPass.)
Information Meeting - Sept 9 @ 5:30 p.m. in Rec Center Conference Room
TOPS Information Meeting - Sept 9 @ 6:00 p.m. in Rec Center Conference Room

Group Fit: A more intense 12-week group training program for those who have hit a plateau in their own workouts, or for those who are bored with their current fitness routine. Spots limited.
Member: $115; Non-Member: $140 (Includes a Semester FitPass.)
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Ballet Tone
An introduction to classical ballet training. Traditional combinations as well as floor and bar exercises will emphasize body placement and core engagement for a great musical workout.

**Meets:** Tu/Th 6:00-7:00 p.m. *(Foster Room)*
**Member:** $30; **Non-Member:** $45

Belly Dance
You’ve seen Shakira! Come learn this ancient form of Arabic dance. Shimmy your cares away as you firm up to middle eastern music with a professional dancer as your instructor.

**Meets:** M/W 7:00-8:00 p.m. *(Foster Room)*
**Member:** $45; **Non-Member:** $60

Strong Girls
This is not your typical workout class, it will teach compound weight training exercises to build true strength. The class is meant to empower women to weight train and feel good about their body and what it can do! So ditch the countless hours on the treadmill, elliptical, or stair master, and unleash your true strength.

**Meets:** M/W 9:00-10:00 a.m. *(Free Weights Area)*
**Member:** $30; **Non-Member:** $45

Tae Kwon Do
The classic hand strikes and trademark kicks of traditional Tang Soo Do, Mu Duk Kwan tae kwon do.

**Meets:** M/W 6:00-7:00 p.m. *(Foster Room)*
**Member:** $50; **Non-Member:** $65

Aikido
The basic attacks and defensive techniques of this Japanese art focus on turning an attacker's delivery and energy against them.

**Meets:** M/W 7:00-8:00 p.m. *(MP1)*
**Member:** $50; **Non-Member:** $65

ACE Personal Trainer Course
This 12-week course will give you the knowledge and skills to pass the ACE Personal Trainer Exam. The class will cover anatomy, physiology, training techniques, injury prevention, special populations, and strategies for effective personal training. Each week will include hands on demos of case studies that introduce a variety of equipment you can use to train your clients. Highly recommended for students pursuing employment as a Personal Trainer with Campus Recreation.

**Meets:** Wednesdays 5:30-7:30 p.m. *(Conference Room)* **Fall Session:** Sept 16 - Dec 9 - **No class Nov 25**
**Member & Non-Member:** $155 (class and books), or $75 (class only)

These programs require pre-registration and are based on cumulative learning. For our drop-in Group Exercise classes, please refer to our Group Ex schedule. Visit website for cancellation terms. All Campus Recreation programs are subject to change. For updates, please refer to our website or Facebook.

umaine.edu/campusrecreation | facebook.com/umcrec | (207) 581-1082
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