



Fall Drop-In Group Exercise Class Schedule

Valid from Sept 2 - Dec 12 . Try Before You Buy! Attend ANY / ALL Group ex classes FREE from 9/2-9/8

No classes held on Oct 13 & 14, Nov 11, Nov 26-28.

(P) Pool | (FR) Foster Room | (MP1) 1st Floor Multi-Purpose Room | (MAC) MAC Court

	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
6:00am	Splash HIIT (P) 6:00 a.m. Roxane	Morning Flow Yoga (FR) 6:30 a.m. Aura	Splash HIIT (P) 6:00 a.m. Roxane	Pilates (FR) 6:45 a.m. Leanne	Splash HIIT (P) 6:00 a.m. Roxane	CLASSES WILL NOT BE HELD ON HOLIDAYS OR WHEN UMAINE IS CLOSED DUE TO WEATHER. <u>Please pay attention to start times as they are not all on the same row.</u> Classes in the blue boxes are FREE classes. Classes in white boxes are FitPass classes. Unless noted, all classes begin "on the hour" and are 50 min long. Schedule and details are subject to change without notice. Although we try to assure accuracy, typographical errors are possible and will be corrected in a timely fashion once found. Updated information can be found online or by calling 581-1082.
7:00am	Sculpt and Tone (FR) 7:00 a.m. Eva		Sculpt and Tone (FR) 7:00 a.m. Eva		Sculpt and Tone (FR) 7:00 a.m. Eva	
8:00am		Sculpt and Tone (FR) 8:00 a.m. Annabelle		Sculpt and Tone (FR) 8:00 a.m. Annabelle		
12:00pm		Spin Class (MP1) 12:00 p.m. Amy Starts 10/21				
4:00pm	Align & Unwind (FR) 4:00 p.m. Noah	World Dance Cardio & Strength (FR) 4:00 p.m. Caitlin	Align & Unwind (FR) 4:00 p.m. Noah	World Dance Cardio & Strength (FR) 4:00 p.m. Caitlin	Sculpt and Tone (FR) Sundays 4:00 p.m. Annabelle	
5:00pm	Butts and Guts (FR) 5:00 p.m. Annabelle	Cycling (MP1) 5:30 p.m. Ella	Dance Pilates Fusion (FR) 5:00 p.m. Lauren	Cycle HIIT (MP1) 5:00 p.m. Pablo	Butts and Guts (FR) 5:00 p.m. Annabelle	
6:00pm	Bend and Mend Yoga (FR) 6:00 p.m. Claudia	Yogalates (FR) 6:00 p.m. Leanne			Dance and Pilates Fusion (FR) 5:00 p.m. Lauren	Schedule is subject to change for various reasons. Please consult group ex calendar online.

Drop-In Group Exercise Classes

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A **FitPass** is required to attend any class in a white box. FitPasses are non-refundable but transferrable. If transferred, expiration does not change.

- **Semester FitPass:** \$70; **Students:** \$45; provides unlimited access to all FitPass group exercise classes during Fall or Spring semester. Members only.
- **Summer FitPass:** \$55; **Students:** \$30; provides unlimited access to all FitPass group exercise classes during Summer semester. Members only.
- **Drop-In FitPass:** \$6.50 provides access to any one FitPass group exercise class on the date of purchase (except when specified).

Non-members must also purchase a Day Pass for access to the facility.

Align & Unwind	Discover the transformative power of Yoga in this alignment-focused class. Perfect for all levels, our sessions emphasize precision and attention to detail, helping you build a strong foundation in your practice. Through the use of props and mindful adjustments, you'll explore each pose deeply, enhancing your strength, flexibility, and overall body awareness. Join us to experience the profound benefits of Yoga and leave feeling balanced, centered, and empowered.
Butts and Guts	A great way to shape and tone the lower body. This class uses a variety of fitness equipment to target the core and legs. This class is low impact.
Bend and Mend Yoga	Bend & Mend takes influence from both vinyasa and restorative yoga styles, manifesting as a unique fusion of both. Expect an arc of slower-paced and gentle flow of movement in the first half of class, building and circulating energy and movement into each muscle; followed by restoring poses carefully curated with the addition of props (blankets, blocks and bolsters), and the intention of bringing rest and ease to the mind and body. This is an environment to unwind, soothe the mind and body, and show up authentically. All levels of experience are welcome.
Cycling	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.
Cycle HIIT	Cycle HIIT, is a kind of cardiovascular training that can get your heart racing, sweat pouring, and calories burning, all in a fraction of the time that it would take you to go on a run or long bike ride. Come try it out for yourself!
Dance & Pilates Fusion	A fun fusion of dance and Pilates designed to break a sweat, build strength, improve flexibility, and boost your mood!
Morning Flow Yoga	This yoga class is an all-inclusive flow class with challenges built in to help participants grow and feel strong in their practice.
Pilates	Mat based exercises that strengthen the core, improve postural alignment, create mind-body awareness and increase focus. Added benefits are improved flexibility and balance as well as precision and grace of movement. Approachable and adaptable to all fitness levels, classes are varied, fun and will leave you feeling centered, stronger and more mobile- an amazing way to begin or end your day.
Sculpt and Tone	Build muscle, burn calories, and get toned! An effective total body muscle conditioning workout utilizing a variety of exercises and dumbbells. A great way to start your day, suitable for all!
Splash HIIT	Pool exercise is safe, fun, and can be intense, too! This 50- minute class uses a variety of pool equipment, the vortex, and music to splash your way through a high intensity interval training-cardio workout. Working vertically in the water challenges muscles while protecting joints. Many exercises can be adapted to low or no impact. Class is appropriate for all fitness levels. Ability to swim is not necessary, but you should be comfortable in shallow water.
World Dance	Celebrate movement, music, and global rhythms in this high-energy fitness class designed to elevate your heart rate, strengthen your body, and uplift your spirit. Each track introduces choreography inspired by movement traditions from around the world—blended with functional strength and cardio training for a full-body workout. No dance experience needed—just bring your energy and let the rhythm move you.
Yogalates	Combining the dynamic flow of Vinyasa Yoga with core strengthening Pilates, this class will invigorate your mind and body. Flowing movement and static poses mesh seamlessly with deep abdominal exercises creating a workout that will raise and lower your heart rate leaving you refreshed, centered and rejuvenated.

umaine.edu/campusrecreation | facebook.com/umcrec | (207)581-1082
 5797 New Balance Student Recreation Center | 22 Hilltop Road, UMaine, Orono, 04469