



THE UNIVERSITY OF
MAINE

Student Life

Campus Recreation



FINALS WEEK 2019 Drop-In Group Ex Class Schedule

#UMaineInMotion

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

	5/6 Monday	5/7 Tuesday	5/8 Wednesday	5/9 Thursday	5/10 Friday	5/11 Saturday	5/12 Sunday
MORNING	Aqua Burn (P) 6:00 a.m. Roxane	Fitness Yoga (FR) 6:00 a.m. Imke	Aqua Burn (P) 6:00 a.m. Roxane	Fitness Yoga (FR) 6:00 a.m. Imke	Aqua Burn (P) 6:00 a.m. Roxane	-	-
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MID-DAY	-	HIIT It (FR) 12:30 p.m. (30 min) Adrianna	Gentle Yoga (FR) 12:00 p.m. Carol	HIIT It (FR) 12:30 p.m. (30 min) Kerrie	Pilates (FR) 12:00 p.m. Carol	<div>Exercise is Medicine® On Campus</div> <div>University of Maine</div> <div>Classes in blue boxes are FREE classes.</div> <div>Classes in white boxes are FitPass classes (see Page 2).</div> <div>Unless noted, all classes begin “on the hour” and are 50 min long.</div>	
	-				Cycle X (MP1) 12:00 p.m. John		
EVENING	-	Pump & Pedal (MP1) 4:30 p.m. Sara	Cardio Sport (FR) 4 p.m. Adri	Pump & Pedal (MP1) 4:30 p.m. Sara	-		
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	Cycle X (MP1) 5:30 p.m. Carol	Pilates (FR) 5:30 p.m. Carol	Cycle X (MP1) 5:30 p.m. Carol	-	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 on our website, Facebook, or by calling 581-1082.		
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umaine.edu/campusrecreation | facebook.com/umcrec | (207)581-1082
5797 New Balance Student Recreation Center | 22 Hilltop Road, UMaine, Orono, 04469

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