



#UMaineInMotion

**Exercise
is Medicine®**
On Campus

Spring Drop-In Group Exercise Class Schedule

Valid from Jan 20 -May 1. Try Before You Buy! **Attend ANY / ALL Group ex classes FREE from 1/20 - 1/26**

No classes held on Feb 16, Mar 16 - 22

(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. <i>Roxane</i>		Splash HIIT (P) 6:00 a.m. <i>Roxane</i>		Splash HIIT (P) 6:00 a.m. <i>Roxane</i>	<p>CLASSES WILL NOT BE HELD ON HOLIDAYS OR WHEN UMAINE IS CLOSED DUE TO WEATHER.</p> <p>Please pay attention to start times as they are not all on the same row.</p> <p>Classes in the blue boxes are FREE classes.</p> <p>Classes in white boxes are FitPass classes.</p> <p>Unless noted, all classes begin “on the hour” and are 50 min long.</p> <p>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.</p>
7:00am	Sculpt and Tone (FR) 7:00 a.m. <i>Grace</i>	Mind & Motion (FR) 7:00 a.m. <i>Evalynn</i>	Sculpt and Tone (FR) 7:00 a.m. <i>Grace</i>		Sculpt and Tone (FR) 7:00 a.m. <i>Grace</i>	
8:00am		Sculpt and Tone (FR) 8:00 a.m. <i>Grace</i>		Sculpt and Tone (FR) 8:00 a.m. <i>Grace</i>		
12:00pm		Spin Class (MP1) 12:00 p.m. <i>Amy</i>				
4:00pm	Mobility Flow (FR) 4:00 p.m. <i>Noab</i>	World Dance Cardio & Strength (FR) 4:00 p.m. <i>Caitlin</i>	Mat Sculpt (FR) 4:00 p.m. <i>Lauren</i>	World Dance Cardio & Strength (FR) 4:00 p.m. <i>Caitlin</i>	Sculpt and Tone (FR) Sunday 4:00 p.m. <i>Grace</i>	
5:00pm	Mat Sculpt (FR) 5:00 p.m. <i>Lauren</i>	Full Body Burn (FR) 5:00 p.m. <i>Amelia</i>	VXN (FR) 5:00 p.m. <i>Liz</i>	Cycling (MP1) 5:00 p.m. <i>Ella</i>	Full Body Burn (FR) 5:00 p.m. <i>Amelia</i>	
6:00pm	Bend and Mend Yoga (FR) 6:00 p.m. <i>Claudia</i>	Yogalates (FR) 6:00 p.m. <i>Leanne</i>	Vinyasa Flow (FR) 6:00 p.m. <i>Claudia</i>	Mind & Motion (FR) 6:00 p.m. <i>Evalynn</i>		

Drop-In Group Exercise Classes

CLASSES WILL NOT BE HELD ON HOLIDAYS OR WHEN UMAINE IS CLOSED DUE TO WEATHER. Please pay attention to the start times as they are not all on the same row. Classes in 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.

A FitPass is required to attend any class in a white box. FitPasses are non-refundable but transferable. 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.

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. Class spots are limited! Please grab a Cycling Pass at the Front Desk to secure your spot!
Full Body Burn	A high-energy HIIT class that targets every major muscle group. Timed intervals and functional movements build strength, endurance, and confidence, with options for all fitness levels.
Mat Sculpt	Mat Sculpt Class is a type of workout designed to strengthen and tone the muscles through controlled, resistance-based movements. Often incorporating light weights, resistance bands, or bodyweight exercises to target specific muscle groups.
Mind & Motion	Mind & Motion is a class centered on mindful movement and self-awareness. Most of the class focuses on moving the body such as stretching and light strength work, without forcing or striving toward an end goal. Students are encouraged to meet themselves where they are and move with intention. The class concludes with guided meditation to explore the mind and cultivate self-compassion.
Mobility Flow	Mobility Flow is a dynamic class that improves joint mobility, flexibility, balance, and body awareness through flowing sequences and targeted stretches. Drawing from yoga, functional fitness, and capoeira, it enhances range of motion, reduces stiffness, and supports injury prevention and stress relief. Challenging yet accessible for all ages and fitness levels, with modifications and props available.
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!
Spin Class	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.
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.
Vinyasa Flow	Vinyasa Flow links breath with movement to create a grounding, mindful practice that strengthens and engages the whole body. This fluid, arc-shaped class moves from a gentle warm-up into dynamic sequences before easing into a calming cooldown, all set to immersive, upbeat, and ambient music. Suitable for all levels, with modifications and supportive props provided.
VXN	VXN is a performance inspired dance class that focuses on empowerment and confidence. A lot of the music ranges from hip hop to Latin style and the dancing matches these styles for a different range and interest.
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
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