



**Exercise
is Medicine**
On Campus

Spring 2025 Drop-In Group Exercise Class Schedule

Valid January 21 to May 2. Try Before You Buy! Attend ANY / ALL Fitness classes/programs FREE from Jan 21 - Jan 27!

No classes held on Feb 17, Mar 17-21.

(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		Splash HIIT (P) 6:00 a.m. Roxane	Empowering Yourself Yoga (FR) 6:00 a.m. Aura	Splash HIIT (P) 6:00 a.m. Roxane	<p>CLASSES WILL NOT BE HELD ON HOLIDAYS OR WHEN UMAINE IS CLOSED DUE TO WEATHER.</p> <p><u>Please pay attention to start times as they are not all on the same row.</u></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 & Tone* (FR) 7:00 a.m. Annabelle		Pilates (FR) 6:45 a.m. Leanne		Sculpt & Tone* (FR) 7:00 a.m. Annabelle		
12:00pm		Spin (MP1) 12:00 p.m. Amy	Full Body HIIT (FR) 12:00 p.m. Eleanore	Butts and Guts (FR) 12:00 p.m. Eva	Full Body HIIT (FR) 12:00 p.m. Eleanore		
4:00pm	Yoga: Align & Unwind (FR) 4:00 p.m. Noah	Bootcamp (FR) 4:00 p.m. Bunny	Yoga: Align & Unwind (FR) 4:00 p.m. Noah	Slow Flow Yoga (FR) 4:00 p.m. Kaitlyn	Sculpt & Tone* (FR) 4:00 p.m. Sundays Annabelle		
5:00pm	Cycle Strength (MP1) 5:00 p.m. Amelia	Dance HIIT (FR) 5:00 p.m. Carrigan	Butts and Guts (FR) 5:00 p.m. Annabelle	Spin (MP1) 5:00 p.m. Eleanore	Dance HIIT (FR) 5:00 p.m. Carrigan		Butts and Guts (FR) 5:00 p.m. Annabelle
6:00pm	VXN (FR) 6:00 p.m. Elizabeth	Yogalates (FR) 6:00 p.m. Leanne	VXN (FR) 6:00 p.m. Elizabeth				

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 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.

Yoga: 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.
Bootcamp	An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. These classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.
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.
Cycle Strength	Cycle Strength is a 60-minute exercise class featuring a 35-minute rhythm-based endurance and strength ride on the bike, followed by a 15-minute functional strength workout that will leave you feeling physically and mentally strong. Class spots are limited! Please grab a Cycling Pass at the Front Desk to secure your spot!
Dance HIIT	Dance HIIT is the new way to move! It combines fun and fitness in the best way, guaranteeing you get your sweat on!
Empower Yoga	This yoga class is an all-inclusive flow class with challenges built in to help participants grow and feel strong in their practice.
Full Body HIIT	This high intensity interval workout will have you performing short, intense bursts of activity followed up with a short rest period on repeat. This workout will include a through warm up followed by a cool down.
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 & 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!
Slow Flow Yoga	Slow Flow Yoga is a gentle and mindful practice that emphasizes fluid movement, deep breathing, and body awareness. This class focuses on connecting breath with each posture at a relaxed pace, allowing time to explore alignment, build strength, and increase flexibility. The goal of this practice is to promote relaxation, stress relief, and a sense of calm while gently engaging the body. All levels of yoga practitioners are welcome!
Spin	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Participants may call (581-1082, press 1) or stop by the front desk up to 1 hour before class to reserve a bike pass.
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.
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.
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 heartrate 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