



Session-Based Fitness Programs - Fall 2019

Try Before You Buy: Attend Session-Based and Group Ex FREE from September 3-9 (Excludes Black Bear Fit)

These programs require pre-registration and are based on cumulative learning. Visit website for cancellation terms.

All Campus Recreation programs are subject to change. For updates, please refer to our website or Facebook.

The classes below are in 2 Sessions unless otherwise specified (check website for holidays):

Session 1: September 9 - October 25; **Session 2:** October 28 - December 13

Strong Women*

This class teaches compound weight training exercises to build true strength and is meant to empower women* to weight-train and feel good about their body and what it can do!

Member: \$36; **Non-Member:** \$55. **Meets:** TBD

Systema

When overburdened by stress, we lose the ability to perform well in life, and the ability to defend ourselves quickly and efficiently. Systema provides an all-inclusive method of stress-relief and self-defense.

Member: \$36; **Non-Member:** \$55. **Meets:** Saturdays 9:30-10:30 a.m.

Swim Fit

6-week program at Wallace Pool for adult swimmers who want to enhance their health, fitness or performance through a dedicated group swim program. Enjoy friendly team camaraderie, helpful stroke instruction, and workouts customized for swim levels intermediate to advanced, and both non-competitive and competitive swimmers. Free locker, no towel service.

Meets: M/W/F 6:00 a.m. (Wallace Pool); **Member:** \$73; **Non-Member:** \$88

In-Deep Aqua Fitness

This class takes place in the deep end of Wallace Pool. Participants stay afloat with floating belts, and activities include deep water running/jogging, bicycling, and cross-country skiing movements, as well as weight training. Builds muscle tone, improves posture/balance, and increases flexibility. Non-Mmembers can purchase an In Deep! Aqua Pass valid for the entire semester.

Fall Session: September 10 - December 12; **Winter Session:** December 26 - January 16

Meets: Tu/Th 12:00 p.m. (Wallace Pool). **Member:** FREE; **Non-Member:** \$55



Pink Gloves Boxing

PGB delivers an amazing workout and an emotionally rewarding experience to small communities of women* across the country. PGB teaches true competitive boxing techniques and skills - however, there is no direct contact in classes. Members test to see if they are ready to progress to the next tier and earn their pink wraps (Tier 1) or pink gloves (Tier 2) at the end of the semester. There are 7 tiers. Instructors are Pink Gloves Boxing trained and certified. Classes are 50 minutes. **Tier 1 & Tier 2 Both Meet:** TBD (Foster Room).

Fall Session: September 17 - December 7 (No class October 12-15, November 27 - December 1)

Member: \$85; **Non-Member:** \$132. **Testing Fee:** \$15

Additional one-time fee of \$55 is required for the starter kit: wraps, gloves, manual, and bag.

Black Bear Fit

BBF is a comprehensive 12-week team-based small group training program. Teams of 4-6 people meet twice a week with a personal trainer and progress towards fitness goals. Each team will get a superior workout experience while building relationships that help to increase personal accountability. Participants have the option of purchasing an unlimited semester FitPass for a reduced rate of \$35. By far the best package deal we have to offer! Individuals are welcome to join already-established groups. Check our website or call for group times.

Fall Session: September 6 - December 13 (No training Oct 12-15, Nov 27 - Dec 1).

Registration Open: August 14 - September 10. **Member:** \$132; **Non-Member:** \$160.

Holiday Maintain No Gain (BBF): In between Fall/Spring Black Bear Fit seasons we want to encourage you to continue your fitness program and beat the holiday weight gain. Meet with a trainer twice a week for 1 hour with a group of 4-12 people.

Meets: December 31 - January 23. **Registration Open:** November 18 - December 18

Member: \$55; **Non-Member:** \$65.



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5797 New Balance Student Recreation Center | 22 Hilltop Road, UMaine, Orono, 04469



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Programming for Seniors



Senior Yoga

Yoga enhances your flexibility, but flexibility is not required in order to begin. Clear instructions are given – both for your safety and so you can learn to do the practice on your own if you wish. There is no pressure to perform any pose beyond your present ability. Every class begins with a warm-up and concludes with a guided deep relaxation. Class instructor Rollin Stearns began teaching yoga at the Integral Yoga Institute in NYC in 1970.

Meets: M/W 10:30-11:30 a.m. (*Foster Room*)

Session 1: September 9 - October 25 (*No class Oct 12-15*)

Session 2: October 28 - December 13 (*No class Nov 27 - Dec 1*)

Winter Break Session: December 17 - January 21 (*No class Dec 24-26*)

Member: \$48; **Non-Member:** \$65

Fit Over 50

In collaboration with Gateway for Seniors, this class is designed for adults aged 50+ who would like to increase strength, range of motion, agility, balance, and coordination as well as improve overall health. All exercises can be modified to perform from a chair. This class is a great way to meet new people and socialize.

Meets: Tu/Th 10:30-11:30 a.m. (*Foster Room*)

Session 1: September 9 - October 25 (*No class Oct 12-15*)

Session 2: October 28 - December 13 (*No class Nov 27 - Dec 1*)

Member: \$36; **Non-Member:** \$55



ACE Personal Trainer Course

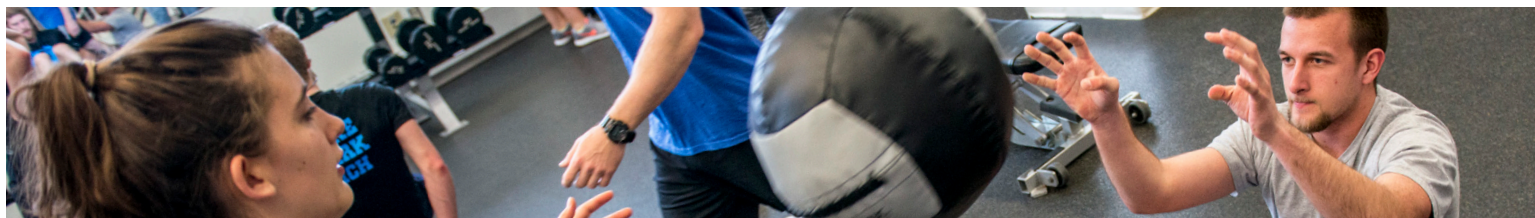
This 10-week course will give you the knowledge and skills to pass the ACE Personal Trainer Exam. The class will cover anatomy, physiology, training techniques, injury prevention, special populations and strategies for effective personal training. The course includes hands on demos of case studies that introduces a variety of equipment you can use to train your clients. Highly recommended for students pursuing a personal trainer position with Campus Recreation.

Registration Deadline: TBD; **Meets:** TBD; **Fall Session:** TBD

Member & Non-Member: \$200 (class and books), or \$95 (class only).

Optional Book Rental: \$75; receive \$40 back if returned in good condition.

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