



Winter Break 2018-2019 Drop-in Group Exercise Schedule

The University of Maine is an Equal Opportunity / Affirmative Action Institution.

(P) Pool - (FR) Foster Room - (MP1) Multi-Purpose Room - (W) Wallace Pool - (T) Track - (MAC) Multi-Activity Court

	Monday 12/31	Tuesday 1/1	Wednesday 1/2	Thursday 1/3	Friday 1/4
Morning	<i>No Fitness Classes 12/22 - 1/1, or on weekends. Closing @ 5 p.m. on 12/31. CLOSED on January 1.</i>		-	Fitness Yoga (FR) 6:00 a.m. <i>Imke</i>	Aqua Burn (Pool) 6:00 a.m. <i>Roxane</i>
Midday			HIIT It + Core (FR) 12:00 p.m. <i>Antonia</i>	Yoga (FR) 12:00 p.m. <i>Rebecca</i>	Pilates (FR) 12:00 p.m. <i>Carol</i>
Evening			Black Bear Beast (MAC) 5:00 p.m. <i>Nate</i>	Cycle X (MP1) 5:30 p.m. <i>Sara</i>	-
	Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11
Morning	Aqua Burn (Pool) 6:00 a.m. <i>Roxane</i>	Fitness Yoga (FR) 6:00 a.m. <i>Imke</i>	-	Fitness Yoga (FR) 6:00 a.m. <i>Imke</i>	Aqua Burn (Pool) 6:00 a.m. <i>Roxane</i>
Midday	HIIT It + Core (FR) 12:00 p.m. <i>Antonia</i>	Yoga (FR) 12:00 p.m. <i>Rebecca</i>	HIIT It + Core (FR) 12:00 p.m. <i>Antonia</i>	Yoga (FR) 12:00 p.m. <i>Rebecca</i>	Pilates (FR) 12:00 p.m. <i>Carol</i>
Evening	Cycle X (MP1) 5:30 p.m. <i>Carol</i>	-	Black Bear Beast (MAC) 5:00 p.m. <i>Nate</i>	Cycle X (MP1) 5:30 p.m. <i>Sara</i>	-
	Monday 1/14	Tuesday 1/15	Wednesday 1/16	Thursday 1/17	Friday 1/18
Morning	Aqua Burn (Pool) 6:00 a.m. <i>Roxane</i>	Fitness Yoga (FR) 6:00 a.m. <i>Imke</i>	-	Fitness Yoga (FR) 6:00 a.m. <i>Imke</i>	Aqua Burn (Pool) 6:00 a.m. <i>Roxane</i>
Midday	HIIT It + Core (FR) 12:00 p.m. <i>Antonia</i>	Yoga (FR) 12:00 p.m. <i>Rebecca</i>	HIIT It + Core (FR) 12:00 p.m. <i>Antonia</i>	Yoga (FR) 12:00 p.m. <i>Rebecca</i>	Pilates (FR) 12:00 p.m. <i>Carol</i>
Evening	Cycle X (MP1) 5:30 p.m. <i>Carol</i>	-	Black Bear Beast (MAC) 5:00 p.m. <i>Nate</i>	Cycle X (MP1) 5:30 p.m. <i>Sara</i>	-

Color Legend & Important Class Information

Classes in blue-shaded boxes are **FREE classes**. Classes in white boxes are FitPass* classes. Unless noted, all GroupEx classes begin "on the hour" and are 50min long.

Schedule and details are subject to change. Although we try to assure accuracy, typographical errors are possible and will be corrected in a timely fashion when found. Generally, the most up to date information can be found on our website. In case of discrepancy, call (207) 581-1082 (x1) for the latest information.