Session-Based Fitness Programs - Fall 2017

The University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding nondiscrimination policies: Director, Office of Equal Opportunity, 101 North Stevens Hall, 207.581.1226.

Try Before You Buy: Attend Session-Based fitness programs and Group Ex classes FREE from August 28 - September 3, 2017. No classes Fall Break October 7-10 or Thanksgiving Weekend, Wed - Sun.

Session 1: September 11 - October 24, 2017 | Session 2: October 25 - December 8, 2017

These programs require pre-registration and are based on cumulative learning. For our drop-in Group Exercise classes, please refer to our Group Ex schedule. Visit website for cancellation terms. All Campus Recreation programs are subject to change. For updates, please refer to our website or Facebook.

Ballet Tone
An introduction to classical ballet training. Barre and floor exercises emphasize body placement and core engagement while dance combinations tap into a creative energy, all while receiving a great, musical workout.
Meets: Tu/Th 6:00-7:00 p.m. (Foster Room)
Member: $30; Non-Member: $45

Strong Women
This is not your typical workout class, but a class that will teach compound weight training exercises to build true strength. The class is meant to empower women to weight train and feel good about their body and what it can do! So ditch the countless hours on the treadmill, elliptical, or stair master, and unleash your true strength.
Meets: Tu/Th 9:00-10:00 a.m. (Lobby)
Member: $30; Non-Member: $45

Pink Gloves Boxing
PGB is a fitness program that 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. Instructors are Pink Gloves Boxing trained and certified.
Meets: Tier 1&2: Tu/Th 4:00-4:50 p.m. or M/W 7:00-7:50 p.m. (Foster Room) Fall Session: Sept. 11 - Dec. 7
Member: $75; Non-Member: $115. Additional one-time fee of $50 is required for the starter kit, which includes wraps, gloves, manual, and a bag.
For questions and more information contact Cait Caserta at caitlin.caserta@maine.edu or 581-3482.

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Black Bear Fit
Black Bear Fit is a comprehensive 12-week small group training program. Teams of 4 to 6 people meet twice a week with a Personal Trainer and receive points for attending group sessions and working out on their own. The team with the most points at the end wins a Campus Rec gift card. Participants have the option of purchasing an unlimited semester FitPass for a reduced rate of $30. By far the best package deal we have to offer!
Registration Starts: Aug. 14, Registration Deadline: Sept. 6
Fall Session: Sept. 11 - Dec. 8 (No training Oct. 9, 10 & Nov. 22, 23, 24).
Member: $115; Non-Member: $140
Information Meeting: If you are thinking about participating this is a great chance to get your questions answered and learn more about the program before you sign up.
Tuesday, Sept. 5 at 5:30 p.m. - New Balance Student Recreation Center (Conference Room).

Holiday Maintain, No Gain
Maintain, not gain this holiday season! In between Black Bear Fit seasons we want to encourage you to continue your fitness program. Meet with a trainer twice a week for 1 hour with a group of 4 to 12 people. You will also have access to all free group exercise classes to help you keep active. There are only 12 spots per group so sign up fast! You don’t need to do Black Bear Fit to register.
Meets: T/Th 6:00 a.m., 12:00 p.m. or 5:00 p.m.
Member: $50; Non-Member: $65

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5797 New Balance Student Recreation Center | 22 Hilltop Road, UMaine, Orono, 04469
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Tai Chi for Health
This is a great class for your lunch break! The class will focus on strengthening the joints, muscles, and tendons of the body through gentle movement and stretch. Participants should wear loose fitting clothes and shoes with good support. The exercise level is equivalent to that of a brisk walk.
Instructor: Rev. Dr. Bruce M. Young
Meets: Tu/Th 12:00-1:00 p.m. (MPI)
Member: $40; Non-Member: $55

In-Deep! Aqua Fitness
This deep water aqua fitness program will have you suspended in the deep end utilizing floating belts and water weights for an awesome workout.
Non-members can purchase an In-Deep Aqua Pass good for the entire semester.
Meets: Tu/Th 12:00-1:00 p.m. (Wallace Pool)
Fall Session: Aug. 29 - Dec. 7
Member: FREE; Non-Member: $45

Senior Yoga
Yoga enhances 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 beyond your present ability. Every class begins with a warm-up and concludes with a guided deep relaxation.
Meets: M/W 10:30-11:30 a.m. (Foster Room)
Member: $40; Non-Member: $55
Winter Break Session: Dec. 11 - Jan. 17
Member: $28; Non-Member: $38

Tae Kwon Do
A traditional tae kwon do class that teaches practical self-defense, confidence and agility, while strengthening the body and sense of self. Promotion testing included.
Instructor: George Manlove
Meets: M/W 6:00-7:00 p.m. (Foster Room)
Member: $50; 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 be performed 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)
Member: $30; Non-Member: $45

ACE Personal Trainer Course - coming Spring 2018!
This 9-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. Each week will include hands on demos of case studies that introduce 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: January 31
Meets: M/W 3:30 - 5:00 p.m.
Spring Session: February 5 - April 18 (No classes February 19, March 12 and 14 or April 16).
Member & Non- Member: $180 (class and books), or $75 (class only).