Session-Based Fitness Programs - Spring 2018

Try Before You Buy: Attend Session-Based fitness programs and Group Ex classes FREE from January 22 - 28, 2018.

Session 1: January 29 - March 9, 2018 (No class February 19) | Session 2: March 19 - April 27, 2018 (No class April 16)

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.

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.
Member: $30; Non-Member: $45
Meets: M/W 9:00 - 10:00 a.m. (Lobby)

Black Bear Fit
Black Bear Fit 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 receive points for attending 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: December 18 Registration Deadline: January 24
Spring Session: Jan. 29 – April 27 (No training Feb. 19, March 12-16, April 16)
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, January 16 at 5:30 pm - New Balance Student Recreation Center

Pink Gloves Boxing
Pink Gloves Boxing is changing the way we look at the world of fitness. 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. There are 7 Tiers total! Instructors are Pink Gloves Boxing trained and certified.
Meet: Tu/Th 4:00 - 4:50 p.m., T/Th 6:00 - 6:50 p.m. or M/W 7:00 - 7:50 p.m. (Foster Room)
Spring Session: January 29 – April 27 (No class Feb. 19, March 12-16, April 16)
Member: $75; Non-Member: $115
Additional one-time fee of $50 for the starter kit, which includes wraps, gloves, manual, and a bag. Testing fee due at time of testing: $15
For questions and more information contact Cait Caserta at caitlin.caserta@maine.edu or 581-3482.

Tae Kwon Do
A traditional tae kwn do class that teaches practical self-defense, confidence and agility, while strengthening the body and sense of self. Promotion testing included.
Meet: M/W 6:00 - 7:00 p.m. (Foster Room)
Member: $60; Non-Member: $85
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. 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)
Member: $40; Non-Member: $55

Healthy High Couch To 5K
Do you want to run your first 5K? Or maybe improve your time from last year? Let us help you achieve your goals for UMaine’s Healthy High 5K! You will meet every Tuesday with a trainer who will lead you in a run outside or indoors (weather permitting). An easy to follow week-by-week training schedule will be provided and each week you will receive a hand out on a specific topic such as hydration, stretching, or pre-race meal ideas. Race registration fee waived for the first 10 registered thanks to SWELL.

UMaine employees, this is a great way to earn RiseUp points!

Meets: Tuesdays 5:30-6:30 pm
Spring Session: Feb 27 - April 17
Member: $35; Non-Member: $50
Race Day: April 20 at 4:20 p.m.

ACE Personal Trainer Course
Highly recommended for students pursuing a personal trainer position with Campus Recreation. 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, specialization 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.

Registration Deadline: January 31
Meets: M/W 3:30 - 5:00 p.m. (Rec Center Conference Room)
Spring Session: February 5 – April 18
No class February 19, March 12, 14 and April 16
Member & Non-Member: $180 (class and books), or $75 (class only).

In-Deep! Aqua Fitness
In-Deep Aqua focuses on building muscle tone, improving posture and balance, and increasing flexibility. Participants will combine deep water running/ jogging, bicycling, cross-country skiing and weight training. Non-members can purchase an In-Deep Aqua Pass, which is good for the entire semester. (Wallace Pool)
Meets: Tu/Th 11:00 - 12:00 p.m.
Spring Session: January 30 - May 3
Member: FREE; Non-Member: $45

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

Swim Fit
For adult swimmers, age 18+, 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. Swimmers must be able to swim a minimum of 25 yards prior to registration. Packages are available that offer 24, 16, or 8 classes. All packages expire in a year from the purchase date. (Program runs January 22 - May 4).

Meets: M/W/F 6:30 - 7:45 a.m. (Wallace Pool)
Member: $85 (24 classes), $60 (16 classes), $30 (8 classes)
Non-Member: $100 (24 classes), $70 (16 classes), $35 (8 classes)

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