



#UMaineInMotion



Session-Based Fitness Programs - Summer 2018

FREE WEEK: May 14-20 (Excludes Black Bear Fit) - Try before you buy! Registration deadline May 21.

Session 1: May 14 - June 29, 2018 (No Classes May 28) | **Session 2:** July 9 - August 24, 2018 (No Classes July 2-8)

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 bodies and what it can do! So ditch the countless hours on the treadmill, elliptical, or stair master and unleash your true strength.

Meets: M/W 9:00-10:00 a.m. (Lobby)

Member: \$35; **Non-Member:** \$50

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: \$35; **Non-Member:** \$50

Senior Yoga

Yoga enhances your flexibility, but flexibility is not required in order to begin. Clear instructions are given, no pressure to perform any pose 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: \$45; **Non-Member:** \$65



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)

Summer Session: May 15 – August 23
(No Class July 2-6)

Member: FREE! **Non-Member:** \$45

SUP Pilates

Stand Up Paddleboard (SUP) Pilates offers a total body conditioning workout on essentially a floating yoga mat. Simple exercises performed in a studio take on a whole new challenge! Come bask in the bliss of exercising in nature with us as you experience a fun new way to exercise. No SUP experience necessary. Boards, paddles, and PFD's (personal flotation device) are provided.

Meets: Th 5:00 – 6:00 p.m.

(Steam Plant Parking Lot)

Summer Session: July 12 - August 23

Member: \$50; **Non-Member:** \$60

Swim Fit

Swim Fit is 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.) Swim Fit is made up of individuals who have diverse fitness interests: triathlons, competitive and non-competitive swimming. Participants are required to provide their own goggles. Pool lockers are available for no charge, but there is no towel service. Packages are available that offer 24, 16, or 8 classes. All packages expire in a year from the purchase date. A FREE week is allowed for new comers during the first week of the semester.

Meets: M/W/F 6:00-7:00 a.m. (Wallace Pool)

Summer Session: May 14 – August 24 (No Class May 28, July 2-6)

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

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Black Bear Fit

Black Bear Fit is a comprehensive 12-week small group training program. Teams of 4-6 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: April 30, **Registration Deadline:** May 9

Summer Session: May 14 – August 10 (No training May 28, July 2-6)

Member: \$115; **Non-Member:** \$140

Contact Adrianna at adrianna.delamo@maine.edu with questions or to form your own team at a time that is convenient for you!



Black Bear Fit Camp

There are 5 weeks off between summer and fall Black Bear Fit; join one of our Fit Camps to help keep your fitness momentum building into the fall. This is a great opportunity to try out the program if you have never participated in Black Bear Fit. Groups are made up of 4-12 people.

Registration Deadline: August 8, 2018

Group Times: T/Th 6:00 a.m., 12:00 p.m., or 5:00 p.m.

Session Dates: August 13 – September 14

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

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