Session-Based Fitness Programs - Fall 2018

Try Before You Buy: Attend Session-Based and Group Ex FREE from Sept 4-10 (Excludes Black Bear Fit)
Session 1: Sept 10 - Oct 26, 2018 (No Classes Oct 8, 9) | Session 2: Oct 29 - Dec 14, 2018 (No Classes Nov 21-23)

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. For more information about any of these programs please email adrianna.delamo@maine.edu.

Black Bear Fit
Black Bear Fit is a comprehensive 12-week small group training program. Teams of 4-6 people meet twice a week for 1 hour 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 $35. By far the best package deal we have to offer!
Registration Starts: Aug. 1
Registration Deadline: Sept. 12
Fall Session: Sept. 17 – Dec. 14 (No training Oct. 8, 9 or Nov. 21-23)
Member: $132; Non-Member: $160

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 and beat the holiday weight gain. Meet with a trainer twice a week for 1 hour with a group of 4-12 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!
Meets: T/Th 6:00 a.m., 12:00 p.m., or 5:00 p.m.
Winter Break Session: Jan. 3 - Jan. 24
Member: $37; Non-Member: $44

Swim Fit
7-week program 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. Swim Fit is made up of individuals who have diverse fitness interests: triathlons, competitive and non-competitive swimming. (25-yard swim prerequisite.)
Meets: M/W/F 6:00 (Wallace Pool; Member: $85; Non-Member: $100

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 seven tiers. Instructors are Pink Gloves Boxing trained and certified. Classes are 50 minutes.
Tier 1 & Tier 2 Both Meet: Tu/Th 4:00 p.m. or M/W 7:00 p.m. or Tu/F 7:00 a.m. (Foster Room)
Fall Session: Sept. 17 - Nov. 21 (No class Oct. 8, 9 or Nov. 21-23)
Member: $85; Non-Member: $132
Additional one-time fee of $55 is required for the starter kit: wraps, gloves, manual, and bag.

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Oregon & California: Tier 1 & Tier 2 Both Meet: Tu/Th 4:00 p.m. or M/W 7:00 p.m. or Tu/F 7:00 a.m. (Foster Room)
Fall Session: Sept. 17 - Nov. 21 (No class Oct. 8, 9 or Nov. 21-23)
Member: $85; Non-Member: $132

Strong Women - Coming Spring 2019!
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: TBD
Members: $36; Non-Members: $55

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#UMaineInMotion

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

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.
ACE Personal Trainer Course - Spring 2019
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: January 31, 2019
Meets: M/W 3:30 – 5:00 p.m.
Spring Session: Feb. 4 – April 17 (No class March 18, 20)
Member & Non-Member: $200 (class and books), or $95 (class only)
Rent the 4th edition from Campus Rec for $75 (books are limited). Receive $40 back if returned in good condition.

Self-Defense Course:
Coming Spring 2019!
See website for details.

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: Sept. 4 - Dec. 13
Member: FREE! Non-Member: $55

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. 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: $48 Non-Member: $65
Winter Break Session: Dec. 17 – Jan. 21 (No class Dec. 24-26)
Winter Break Pricing: Member: $36 Non-Member: $49

Fitness Food Drive
December 10-16, 2018
Receive free entry to any group exercise class with the donation of a non-perishable food item! Collected food will be donated to the Black Bear Exchange Food Pantry.

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)
Member: $36 Non-Member: $55

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