**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:** $36; **Non-Member:** $55.

**Meets:** Tu/Th 8:00 a.m.
**Session 1:** Jan 28 – Mar 9; **Session 2:** Mar 11 – Apr 27 (no class Mar 18-24).

**Pink Gloves Boxing**

Pink Gloves Boxing 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. Instructors are Pink Gloves Boxing trained and certified. Classes are 50 minutes. **Tier 1 & Tier 2 Both Meet:** Tu/Th 4:30 p.m. OR M/W 7:00 p.m. (Foster Room). **Spring Session:** Jan 28 - Apr 27 (No class Feb 18, Mar 18-22).

**Member:** $85; **Non-Member:** $132. **Testing Fee:** $15

Additional one-time fee of $55 is required for the starter kit: wraps, gloves, manual, and bag.

**Rape Aggression Defense System (RAD)**

Rape Aggression Defense (RAD) System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with lectures in awareness, prevention, risk reduction and avoidance, while progressing to the basics of hands-on defense training. RAD is suitable for women of all ages and abilities. **Meets:** M/W 6:30-9:30 p.m.; **Dates:** February 4-13, 2019. **Member:** FREE; **Non-Member:** $10

* We use this term to include all who identify as women, including but not limited to transgender women and feminine-of-center individuals, as well as all non-binary and/or gender nonconforming individuals.

**Systema** When one is overburdened by stress, one loses the ability to perform well in life. This includes the ability to defend oneself quickly and efficiently. The mission of Systema is to provide an all-inclusive method of stress-relief and self-defense.

**Session 1:** Jan 28 – Mar 9; **Session 2:** Mar 11 – Apr 27 (no class Mar 18-24). **Meets:** Sat 10:30-11:30 a.m. **Member:** $36; **Non-Member:** $55

**Swim Fit**

7-week program at Wallace Pool 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. Free locker, no towel service.

**Spring Session 1:** January 23 - March 15; **Spring Session 2:** March 25 - May 10. **Meets:** M/W/F 6:00 a.m. (Wallace Pool); **Member:** $85; **Non-Member:** $100

**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 progress towards fitness goals. Each team will get a superior workout experience while building relationships that help to increase personal accountability. 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! Individuals are welcome to join already-established groups.

**Registration Starts:** Dec 19; **Registration Deadline:** Jan 23.
**Spring Session:** Jan 28 - Apr 27 (No training Feb 18, Mar 18-22).
**Member:** $132; **Non-Member:** $160

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Session-Based Fitness Programs - Spring 2019

Try Before You Buy: Attend Session-Based and Group Ex FREE from Jan 22-28 (Excludes Black Bear Fit)

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.

Healthy High Couch to 5K
Achieve your personal fitness goals by participating in the Healthy High 5K! Meet weekly 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 can earn RiseUP points! Race Day: Apr 27
Meets: Tuesdays 5:30-6:30 p.m. Spring Session: Mar 11 – Apr 27 Member: $25; Non-Member: $40

Programming for Seniors

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. Class instructor 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) Session 1: Jan 28 – Mar 9 (No class Feb 18); Session 2: Mar 11 – Apr 27 (No class Mar 18-24) Member: $48; 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 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) Session 1: Jan 28 – Mar 9 (No class Feb 18); Session 2: Mar 11 – Apr 27 (No class Mar 18-24) Member: $36; Non-Member: $55

ACE Personal Trainer Course
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). Optional book rental $75; receive $40 back if returned in good condition.

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