



Spring Break 2019 Drop-In Group Exercise Classes

Purchase a Prorated FitPass for \$35 starting March 15! (P) Pool - (FR) Foster Room - (MP1) Multi-Purpose Room

Schedule Valid During UMaine Spring Break - March 16-24, 2019. Regular Spring Schedule will resume March 25.

	Saturday 3/16	Sunday 3/17	Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21	Friday 3/22	Saturday 3/23	Sunday 3/24
Morning	Systema Drop-In (FR) 10:30 a.m. Dan	-	Aqua Burn (P) 6:00 a.m. Roxane Senior Yoga Drop-In (FR) 10:30 a.m. Rollin	Fitness Yoga (FR) 6:00 a.m. Imke	Aqua Burn (P) 6:00 a.m. Roxane Senior Yoga Drop-In (FR) 10:30 a.m. Rollin	Fitness Yoga (FR) 6:00 a.m. Imke	Aqua Burn (P) 6:00 a.m. Roxane	Cardio Sport (FR) 9:30 a.m. Nate Systema Drop-In (FR) 10:30 a.m. Dan	-
Midday	Exercise is Medicine® On Campus University of Maine		Cardio Sport (FR) 12:00 p.m. Julia & Cait	HIIT It (FR) (30 min) 12:30 p.m. Cait	Gentle Yoga (FR) 12:00 p.m. Carol	HIIT It (FR) (30 min) 12:30 p.m. Cait	Pilates (FR) 12:00 p.m. Carol	-	-
Evening			Fitness Yoga (FR) 5:00 p.m. Rebecca	Pilates (FR) 5:30 p.m. Carol	Cardio Sport (FR) 5:00 p.m. Alexis	Pump & Pedal (MP1) 4:30 p.m. Sara	-	-	Cardio Sport (FR) 7:00 p.m. Alexis

Unless noted, all classes are 50 min long. Schedule and details are subject to change. Although we try to assure accuracy, typographical errors are possible and will be corrected in a timely fashion when found.

Generally, the most up to date information can be found on our website. In case of discrepancy, call (207) 581-1082 (x1) for the latest information.

umaine.edu/campusrecreation | facebook.com/umcrec | (207)581-1082
5797 New Balance Student Recreation Center | 22 Hilltop Road, UMaine, Orono, 04469

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