



THE UNIVERSITY OF  
**MAINE**

Student Life

Campus Recreation



## Summer 2019 Drop-In Group Ex Schedule

Valid May 13 - August 24 EXCEPT: No Class May 27, July 1 - 7.

**Exercise**  
**is Medicine**<sup>®</sup>  
On Campus

**Try Before You Buy:** Attend any FitPass Group Exercise class or Session-Based Fitness Program for FREE from May 13-19, 2019.

University of Maine

(P) Pool - (FR) Foster Room - (TC) Tennis Court

|         | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---------|---|---|---|---|---|
| Morning | Aqua Burn<br>(P)<br>6:00 a.m.<br><i>Roxane</i>                  | Yoga Flow<br>(FR)<br>6:00 a.m.<br><i>Imke</i>           | Aqua Burn<br>(P)<br>6:00 a.m.<br><i>Roxane</i>                  | Yoga Flow<br>(FR)<br>6:00 a.m.<br><i>Imke</i>           | Aqua Burn<br>(P)<br>6:00 a.m.<br><i>Roxane</i>    |
| Midday  | Core Flow<br>(FR)<br>12:00 p.m.<br><i>Carol</i>                 | HIIT It (30 Min)<br>(FR)<br>12:00 p.m.<br><i>Sierra</i> | Gentle Yoga<br>(FR)<br>12:00 p.m.<br><i>Carol</i>               | HIIT It (30 Min)<br>(FR)<br>12:00 p.m.<br><i>Sierra</i> | Pilates Mat<br>(FR)<br>12:00 p.m.<br><i>Carol</i> |
| Evening | -   | Core Flow<br>(FR)<br>4:30 p.m.<br><i>Carol</i>          | HIIT Cycle<br>(FR)<br>4:30 p.m.<br><i>Carol</i>                 | Fitness Yoga<br>(FR)<br>4:30 p.m.<br><i>Rebecca</i>     | -   |
|         | Cardio Sport <sup>®</sup><br>(FR)<br>5:30 p.m.<br><i>Alexis</i> | Barbell Blast<br>(FR)<br>5:30 p.m.<br><i>Zabira</i>     | Cardio Sport <sup>®</sup><br>(FR)<br>5:30 p.m.<br><i>Alexis</i> | -   | -   |

### Color Legend & Important Information

Classes in blue-shaded boxes are FREE classes. Classes in white boxes are FitPass\* classes.

Unless noted, all classes begin "on the hour" and 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 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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