

UMF FRC Group Fitness Winter/Spring Semester– January 17th to February 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			5:35 Cycle Melissa		5:35 Cycle Melissa	
		6:00 Top Spin Nikki	6:15 Total Body Fitness Alison			
	7:15 Pilates Doreen	7:00 Yoga Stretch Nikki	7:15 Pilates Doreen		7:00 Yoga Stretch Nikki	
	7:30 Water Workout Heather		7:30 Water Workout Heather		7:30 Water Workout Heather	
	8:00 HT Step Doreen	8:30 HT Strength + Balance Alison	8:00 Step Doreen	8:30 HT Strength + Balance Ray	8:00 Step Doreen	
	9:15 STRONG by Zumba! (Fix) Karen	9:15 Core Fix Mike	9:15 STRONG by Zumba! (Fix) Karen	9:15 PiYo Live (Fix) Karen	9:15 Fusion Fix Alison	9:15 STRONG by Zumba! Karen
	9:15 Water Workout Doreen		9:15 Water Workout Doreen	10:30 Aqua Zumba Karen	9:15 Water Workout Kaylond	
			12:15 Core Fix Courtney		12:15 Total Body Fitness Alison	
		3:15 Rev Up Mike		3:15 Top Spin Alison		
Evening	4:15 Total Body Fitness Alison	4:15 PiYo Live Karen	4:15 HIIT Training Kristen	4:15 Butts and Guts! Courtney		
	5:15 Fusion Fix Alison	5:30 Yoga @ Landing Nikki		5:15 Water Workout Kaylond		
		5:30 Athletic Conditioning Ray (Court 1)		5:30 Bootcamp Mike (Court 1)		
	6:30 Total Body Bosu Leah		6:30 Rev Up Mike			



1 Hour class



45 Minute class



30 Minute class

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For more information, questions, or concerns please contact Mike Colella at 778-7505 or michael.colella@maine.edu

You can also visit our website at FRC.UMF.Maine.edu

Or request to join our Facebook Group <https://www.facebook.com/groups/202197269974716/>

Pilates/Yoga/PiYo/ Bro-Yoga (For Bros)	All mind/body classes. Yoga – combination of standing, seated, and lying poses emphasizing strength, balance, & flexibility. Pilates – matwork focusing on core strength & flexibility through movement. Tai Chi – mostly standing with emphasis on balance and energy.
Butts and Guts!	Want a tight booty? Join us for nothing butt the booty!
Functional Fitness	Geared toward the older active adult this class will help build muscle and bone strength while incorporating balance and flexibility.
Core + Balance	Building a strong core is paramount if you want to prevent injury and maintain good health – we do this through strengthening and balance exercises!
STRONG by Zumba!	STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.
HT Strength + Balance	Designed for those with limited knowledge in exercising, this class offers in depth guidance on how to train effectively and safely.
Athletic Conditioning, Warrior-X, HIIT	This is a high intensity class that will include both strength and cardio along with core training. H.I.I.T. (high intensity interval training) is usually a big part of these classes, which helps improve and increase metabolic rate. Because of the high intensity of this class we recommend a solid background in fitness with minimal restrictions and limitations. Warrior-X includes all the above and, at times, battle ropes, kettlebells, etc.
Fusion Fix	This class offers a complete workout! Join us for a little strength, cardio, and flexibility training all in one class!
Cardio Drumming	Instead of listening to music, you <i>become</i> the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, this awesome class provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!
Total Body Bosu	Want a little more challenge with doing a total body class? Come and see for yourself how training with a Bosu ball can accelerate your goals!
Step Aerobics/Cardio Kick/Cardio Groove, Hip Hop Hustle	Cardio based classes that burn a bunch of calories! Lots of fun with great music. Step classes include a 4-8" bench, see your instructor for proper step height if you are new to class. Cardio Kick is based on martial arts but is not a self- defense class, while Cardio Groove is more like a dance party!
P90X Live	P90X LIVE uses a predesigned workout emphasizing both strength and cardio set to mix-ups and mash-ups of hit music that drive the workout.
Cycle, Top Spin, Rev Up, Whirl & Curl	A big time cardio class on the specially designed bikes. Your instructor will take you on a great ride using some visualization and motivational music to challenge and inspire you. A great low impact exercise. Whirl & Curl include strength training for half!
Aqua Zumba	This class takes all your favorite dance moves to the pool! Great music and lots of fun while getting a great workout.
Water Exercise	All of our Water Workout classes are low impact but appropriate for everyone from the older active adult to the athlete. A great way to change up your workout and to get in the pool! Try one today!
Barre Fit	Designed for a wide range of fitness levels, Jen and Bethany will work to help you achieve strong and lean muscles!

We reserve the right to cancel classes if they are not well attended or for other reasons that may be beyond our control. There will be no Group Fitness classes on all major holidays so that our instructors may rest and enjoy time with their families. A new schedule will be out in October. We appreciate your dedication to your health and fitness and are here to help guide and motivate you to be your best.



1 Hour class



45 Minute class



30 Minute class