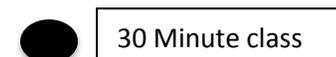
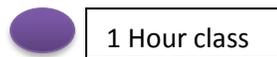


# UMF FRC Winter Break Group Fitness Schedule Revised 1/18/18

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning	<b>6:00 Total Body Circuit</b> Ray	<b>6:15 Top Spin</b> Alison		<b>6:15 Total Body Circuit</b> Alison	<b>6:00 Rev Up</b> Mike	
		<b>7:15 Yagalates</b> Alison & Grace		<b>7:15 Pilates</b> Alison & Grace	<b>7:00 Yoga Stretch</b> Grace	<b><u>Saturday</u></b>
	<b>7:30 Water Workout</b> Heather		<b>7:30 Water Workout</b> Heather		<b>7:30 Water Workout</b> Heather	<b>8:30 Step</b> Doreen & Karen
	<b>8:00 Step</b> Doreen	<b>8:30 HT Strength + Balance</b> Alison	<b>8:00 Step</b> Doreen	<b>8:30 HT Strength + Balance</b> Ray	<b>8:00 Tai Chi</b> Karen	<b>9:45 Zumba</b> Bethany
	<b>9:15 Water Workout</b> Doreen		<b>9:15 Water Workout</b> Doreen		<b>9:15 Aqua Zumba</b> Karen	
		<b>9:15 Core Fix</b> Mike			<b>9:15 Fusion Fix</b> Alison	
	<b>12:15 Barre Fit (2/5)</b> Jen & Amanda				<b>12:15 Total Body Circuit</b> Alison	
Evening	<b>3:15 Rev Up</b> Mike		<b>3:15 Rev Up</b> Mike			<b><u>Sunday</u></b>
	<b>4:15 Guts &amp; Butts!</b> Alison		<b>4:15 Zumba</b> Bethany			<b>9:45 Water</b> <b>Workout</b> Kaylond or Heather
	<b>5:15 Fusion Fix</b> Alison	<b>5:00 Bro-Flow</b> Mike	<b>5:30 Fun Family Fitness (2/7)</b> Alison & Rj	<b>5:00 Bro-Flow</b> Mike	<b>5:00 Yoga for a Strong</b> <b>Core @ Landing - Kylie</b>	
		<b>5:30 Athletic Conditioning</b> Brady & Mike	<b>6:00 Rev-Up (2/7)</b> Shane	<b>5:30 Athletic Conditioning</b> Brady & Mike		<b>5:00 Power Yoga</b> Kylie
		<b>5:30 Aqua Zumba</b> Karen	<b>6:45 Water Pop</b> Bri			<b>6:15 Top Spin</b> <b>(2/10)</b> Shane
			<b>6:45 Foundation Yoga</b> Kylie	<b>6:30 Guts &amp; Butts!</b> Bri		

Be sure to check our facebook page for updates regarding cancellations and updates. If you do not have a facebook account, please feel free to email Mike Colella at any time, [Michael.colella@maine.edu](mailto:Michael.colella@maine.edu)

**Reminder! When public schools and/or UMF cancel, there are NO group fitness classes.**



# UMF FRC Winter Break Group Fitness Schedule Revised 1/18/18

For more information, questions, or concerns please contact Mike Colella at 778-7505 or [michael.colella@maine.edu](mailto:michael.colella@maine.edu)

You can also visit our website at [FRC.UMF.Maine.edu](http://FRC.UMF.Maine.edu)

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

Pilates/Yoga/PiYo/ Bro-Flow(For Bros) Power Yoga	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.
Mindful Stretching & Relaxation	This 30 minute class will provide stress relief and flexibility training by incorporating mindfulness with basic common stretching and relaxation techniques.
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 the older active adult the HT Strength & Balance provides instruction for total body resistance training, so important for muscle and bone health, as well as incorporating balance exercise aimed toward falls prevention.
Athletic Conditioning	This is a high-intensity class that includes 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.
Fusion Fix	Could be step, could be kickboxing, maybe a HIIT workout.... but always with resistance and core training too. This class offers a complete workout! Join us for a little strength, cardio, and flexibility training all in 45 minutes!
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/Tabata Kick/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. Tabata Kick is based on martial arts but is not a self- defense class, while Hip Hop Hustle 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	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.
POUND™	Drum sticks, great music, fun moves, total body strength and cardio. So much fun! Try a class today!
Aqua Zumba	This class takes all your favorite dance moves to the pool! Great music and lots of fun while getting a great workout.
Bro-Flow	Are you a dude? Need more flexibility in your life? Come to this dude only yoga style class, your muscles will thank you
Water Workout	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!
Core Fix	Did you know your core is your "foundation" and should be the strongest part of your body? This 30-minute class uses creative and functional exercises to target all the muscles of the core.
Total Body Fitness	45 minutes of resistance training using weights, balls, bands, glide discs, etc. for every muscle along with tons of core exercises.
Country Heat	Country Heat is a high-energy, low-impact, country dance-inspired fitness program that so totally fires up the fun—you won't even feel like you're working out! Each 30 minute dance routine is packed with easy-to-follow moves set to good 'ol country music.

**We reserve the right to cancel classes if they are not well attended or for other reasons that may be beyond our control. We focus on quality instruction vs quantity. There will be no Group Fitness classes on all major holidays so that our instructors may rest and enjoy time with their families. 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