

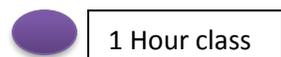
UMF FRC Summer Group Fitness Schedule

Revised 7/8/18

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning					6:15 Core and Spin Alison	
	7:30 Water Workout Heather		7:30 Water Workout Heather		7:30 Water Workout Heather	
		7:15 Yoga Stretch Grace			7:15 Yoga Grace	
	8:30 HT Strength + Balance Alison	8:00 Pilates Doreen	8:30 HT Strength + Balance Ray	8:00 Pilates Doreen	8:30 HT Strength + Balance Alison	
	9:30 Core Alison	9:00 Step Doreen	9:30 Core Mike	9:00 Step Doreen	9:05 Cardio & Strength Blast Alison	
		10:15 Water Exercise Doreen		10:15 Water Exercise Doreen	9:15 Aqua Zumba* Jen	
	10:15 Land HIIT Mike		10:15 Water HIIT (pool) Mike		10:15 S.A.Q. Training Mike	
	12:15 Total Body Barre Jen			12:15 Total Body Strength Alison		
Evening						Sunday
	4:15 Yoga Flow Grace	4:30 No weights no problem Plyo-Time! Mike	4:30 Total Body Barre Jen	4:30 No weights no problem Plyo-Time! Mike		6:00 pm Water Workout - Heather
	5:05 Cardio & Strength Blast Alison	5:30 Outdoor Fitness Mike	5:15 Power Yoga Grace	5:30 Outdoor Fitness Alison		
		5:30 Aqua Zumba* Heather		5:30 Aqua Zumba* Heather		

Be sure to check out our Facebook page for updates and cancellations. OR, feel free to contact Mike Colella at michael.colella@maine.edu or 778-7505.

Schedule begins July 8th! Check back often for updated classes



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 and Yoga (power yoga, yoga flow, yoga stretch)	Both are mind/body classes. Yoga – combination of standing, seated, and lying poses emphasizing strength, balance, & flexibility. Pilates – matwork primarily done on the back, stomach, or sides that focuses on core strength & flexibility through movement.
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 or Outdoor Fitness	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 Outdoor Fitness will be rain or shine, unless it is a thunderstorm or absolute downpour. Because of the high intensity of this class we recommend a solid background in fitness with minimal restrictions and limitations.
Cardio & Strength Blast	Could be step, could be kickboxing, maybe a BOSU workout or possibly a HIIT workout.... but always a high intensity cardio class (modifications offered to suit most populations) with a good amount of strength work mixed in. This class offers a complete workout!
Step Aerobics	High intensity low impact cardio based class that burns 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.
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.
No weights no problem (Plyo-Time)	Focusing on no weights for this class, we show you how you can get a full body work out without any equipment! Use your body and get ready! Plyo-Time refers to plyometric training, utilizing some boxes to jump on to, etc.
Total Body Barre	Barre-based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Also, don't be surprised if your class incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.
Zumba®	ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and awesome cardio workout. It is based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
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 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!
Land/Water HIIT	High Intensity Interval Training (HIIT) on land or in the pool. This half hour class is sure to get your heart pumping.
Core	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.
S.A.Q. Training	For athletes or anyone who wants to work on their speed, agility, and quickness. This is a once per week offering as we go all out in this class. Come ready to move quickly, for this fast 30 minute class will surely rock you.

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.