

# St. Patty's Day Week Schedule ☺ (a.k.a. March Break) \*Ends March 23

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Morning</b>		<b>6:15 Cycle</b> Alison			<b>6:15 Cycle</b> Mike	<b>Saturday</b>
	<b>7:30 Water Workout</b> Heather		<b>7:30 Water Workout</b> Nina & Mike		<b>7:30 Water Workout</b> Mike	
		<b>7:15 Yoga Stretch</b> Alison			<b>7:15 Yoga Stretch</b> Alison	<b>10:30 Zumba</b> Bethany
	<b>8:30 HT Strength + Balance</b> Ray	<b>8:00 Pilates</b> Doreen	<b>8:30 HT Strength + Balance</b> Ray	<b>8:00 Pilates</b> Doreen	<b>8:30 HT Strength + Balance</b> Alison	
	<b>9:30 inTENSity Core</b> Mike	<b>9:00 Step</b> Doreen	<b>9:05 Total Body Barre</b> Alison	<b>9:00 Step</b> Doreen	<b>9:05 S&amp;C Blast</b> Alison	
	<b>10:30 Water HIIT</b> Mike		<b>10:30 Aqua Zumba</b> Alison		<b>10:30 Water Strength</b> Alison	
	<b>12:15 Total Body Barre</b> Jen					<b>Sunday</b>
<b>Evening</b>			<b>3:15 Cycle</b> Mike			<b>9:45 Water Workout</b> Heather
	<b>3:45 inTENSity</b> Mike			<b>4:05 Water Workout</b> Machaela		<b>11:00 Water Yoga</b> Heather
	<b>4:45 Mindful Meditation at The Landing w/Mike</b>	<b>4:15 Guts &amp; Butts</b> Caroline		<b>4:15 Zumba</b> Bethany		
	<b>5:05 S&amp;C Blast</b> Alison					<b>6pm Dance Fitness</b> Rachel
		<b>5:30 Performance Conditioning</b> Caroline	<b>6:00 Cycle</b> Caroline	<b>5:30 Performance Conditioning</b> Caroline		<b>6:45 10 Minute Midsection</b> Rachel
		<b>6:30 Zumba</b> Bethany				

**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. Our GF schedule changes with the academic schedule so be sure to check out our Facebook page or website at [FRC.UMF.Maine.edu](http://FRC.UMF.Maine.edu) for updates and cancellations, or contact Mike Colella at [michael.colella@maine.edu](mailto:michael.colella@maine.edu) or 778-7505.

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.

**INCLEMENT WEATHER POLICY** – GF classes are canceled when SAD 9 schools and/or UMF cancels classes. If in doubt, please call 778-7495.



1 Hour class



45 Minute class



30 Minute class

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**WE LABELED OUR CLASSES BY DIFFICULTY AND INTENSITY TO MAKE IT EASIER FOR YOU TO CHOOSE THE RIGHT CLASS FOR YOU!**

Use this rating as a guide only, many classes are appropriate for multi-levels. It is up to the participant to modify as needed and work at his or her own level.

**Phase 1** The focus during phase 1 is on the introduction of low-intensity exercise to improve muscle balance, muscular endurance, core function, flexibility, and balance.

**Phase 2** - The primary focus is on training the five primary movement patterns: pushing, pulling, bending and lifting, rotation, and single leg. Core strength is emphasized, and resistance training includes exercises that build muscular endurance and promote mobility. CRF focuses on improving aerobic efficiency with the introduction of aerobic intervals.

**Phase 3** – Load training requires greater external force paired with more complex exercises and the CRF component is designed to improve performance in endurance events or to train fitness enthusiasts for higher levels of fitness. This is accomplished through the introduction of higher-intensity anaerobic intervals through a variety of methods.

<b>Pilates / Yoga</b>	Both are mind/body classes. <b>Yoga</b> – combination of standing, seated, and lying poses emphasizing strength, balance, & flexibility. Some of our classes focus more on the stretching while others may include more focus on core. We try to name them accordingly. Recommended for ALL Phases 1-3 <b>Pilates</b> – matwork primarily done on the back, stomach, or sides that focuses on core strength & flexibility through movement. <b>Recommended for Phases 2-3</b>
<b>HT Strength + Balance</b>	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. <b>Recommended for ALL Phases 1-3</b>
<b>Performance Conditioning</b>	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. <b>Because of the high intensity of this class we recommend a solid background in fitness with minimal restrictions and limitations. Strongly recommended for Phase 3, however Phase 2 is appropriate</b>
<b>Cardio &amp; Strength Blast</b>	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! <b>Recommended for Phases 2-3</b>
<b>Step Aerobics</b>	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. <b>Recommended for Phases 2-3</b>
<b>Cycle, Top Spin, Rev Up</b>	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, and remember, the rider is in control of the intensity! Recommended for ALL phases 1-3
<b>Total Body Barre</b>	Barre-based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates, 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. <b>Recommended for ALL Phases 1-3</b>
<b>Zumba®</b>	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. <b>Recommended for ALL Phases 1-3</b>
<b>Aqua Zumba</b>	This class takes all your favorite dance moves to the pool! Great music and lots of fun while getting a great workout. <b>Recommended for ALL Phases 1-3</b>
<b>Water Workout</b>	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! <b>Recommended for ALL Phases 1-3</b>
<b>Land/Water HIIT</b>	High Intensity Interval Training (HIIT) on land or in the pool. This half hour class is sure to get your heart pumping. Recommended for Phases 2-3
<b>inTENSity Core</b>	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 in the same format as inTENSity. <b>Recommended for Phases 2-3</b>
<b>Total Body Fitness, Guts and Butts</b>	45 minutes of resistance training using weights, balls, bands, glide discs, etc. for every muscle along with tons of core exercises. <b>Recommended for Phases 2-3</b>
<b>inTENSity Classes</b>	10 Rounds, 10 Reps, 10 times the exercise with 10 times the results! Come to any one of the inTENSity classes offered and experience a new workout! <b>Because of the high intensity of this class we recommend a solid background in fitness with minimal restrictions and limitations. Recommended for Phases 2-3</b>
<b>ZEN Yourself!</b>	Mixing some Qi Gong, Yoga, Pilates and more, this class is simple and for everyone. Come ready to explore the many variations of full body rhythm and unity through our breath and movement. <b>Recommended for ALL Phases 1-3</b>
<b>Foundation Fitness</b>	This class is great for the beginner exerciser or for someone who wants to get back to the basics of fitness. The instructor will focus on form, technique, and variations of regressions and progressions of common exercises such as but not limited to the squat, pushup, lunge, and plank. <b>Recommended for ALL Phases 1-3</b>



1 Hour class



45 Minute class



30 Minute class

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