

# CAMPUS REC FITNESS & WELLNESS

# GROUP EXERCISE SCHEDULE

## OCT 30 - DEC 10

**WELCOME!** Anna Fascitelli Center and Mackal-Tootell Complex provide 50+ group exercise classes per week, personal training\*, two fitness centers, wellness resource center, indoor track, indoor basketball courts, three pools; lap swimming/ recreational swimming/swim classes\*, wellness events, 5k running groups, and so much more!

*\*additional costs for program may apply*

| MON   | TUES                          | WED  | THURS                          | FRI  | SAT                           | SUN                         |
|---|-------------------------------|--|--------------------------------|--|-------------------------------|-----------------------------|
| 8:00 - 8:45am<br>SPIN®                                  | 7:00 - 7:45am<br>BODY PUMP™   | 7:00 - 7:45am<br>**CORE & MORE                 | 7:00 - 7:45am<br>SPIN®         | 7:00 - 7:45am<br>YOGA                      | 9:30 - 10:15am<br>SPIN®       | 5:00 - 5:45pm<br>ZUMBA®     |
| 9:00 - 9:45am<br>YOGA                                   | 11:15am - 12:00pm<br>INTERVAL | 12:15 - 1:00pm<br>YOGA                         | 12:15 - 1:00pm<br>CORE & MORE  | 8:00 - 8:45am<br>BODY PUMP™                | 10:00 - 11:00am<br>BODY PUMP™ | 6:00 - 7:00pm<br>BODY PUMP™ |
| 12:15 - 1:00pm<br>SPIN®                                 | 12:15 - 1:00pm<br>PILATES     | 12:15 - 1:00pm<br>BODY PUMP™                   | 12:15 - 1:00pm<br>SPIN®        | 12:15 - 1:00pm<br>POUND®                   |                               | 7:00 - 8:00pm<br>YOGA       |
| 12:15 - 1:00pm<br>STRONG®                               | 4:00 - 4:45pm<br>HANDS DOWN   | 3:30 - 4:15pm<br>YOGA                          | 4:00 - 4:45pm<br>BODY PUMP™    | 2:00 - 3:00pm<br>SELF DEFENSE              |                               | 8:00 - 8:30pm<br>MEDITATION |
| 3:00pm<br>Start at Mackal<br>RHODY REC RUN              | 4:30 - 5:15pm<br>**BODY PUMP™ | 4:00 - 4:45pm<br>INTERVAL                      | 4:00 - 4:45pm<br>**SPIN®       | 4:00 - 4:45pm<br>HIP HOP YOGA              |                               |                             |
| 3:30 - 4:15pm<br>SPIN®                                  | 5:00 - 5:45pm<br>MEDITATION   | 4:30 - 5:15pm<br>**ZUMBA®                      | 5:00 - 5:45pm<br>STEP INTERVAL | 4:30 - 5:15pm<br>ZUMBA®                    |                               |                             |
| 4:30 - 5:15pm<br>**YOGA                                 | 5:30 - 6:15pm<br>SPIN®        | 4:30 - 5:15pm<br>BARRE                         | 5:00 - 5:45pm<br>PILATES       | 5:00pm<br>Start at Mackal<br>RHODY REC RUN |                               |                             |
| 5:00 - 5:45pm<br>CARDIO AB FUSION                       | 5:30 - 6:15pm<br>BODY BLAST   | 5:00 - 5:45pm<br>SPIN®                         | 5:45 - 6:15pm<br>FOAM ROLL     | 6:00 - 6:45pm<br>BODY PUMP™                |                               |                             |
| 5:30 - 6:15pm<br>GO WITH THE FLOW                       | 6:00 - 6:45pm<br>YOGA         | 5:30 - 6:15pm<br>CARDIO AB FUSION              | 6:00 - 6:45pm<br>ZUMBA®        |  |                               |                             |
| 6:00 - 6:45pm<br>BODY PUMP™                             | 6:30 - 7:15pm<br>ZUMBA®       | 6:00 - 6:45pm<br>**YOGA 4 ATHLETES             | 6:30 - 7:15pm<br>MEDITATION    |  |                               |                             |
| 6:30 - 7:15pm<br>SPIN®                                  | 7:00 - 8:00pm<br>CAPOEIRA     | 6:30 - 7:15pm<br>BODY PUMP™                    | 7:00 - 7:45pm<br>BODY PUMP™    |  |                               |                             |
| 7:00 - 7:45pm<br>ZUMBA®                                 |                               | 7:30 - 8:15pm<br>ZUMBA®                        |                                |  |                               |                             |
|   |                               |  |                                |  |                               |                             |
| Classes at Anna Fascitelli<br>Fitness & Wellness Center |                               | ** Classes at TOOTELL<br>in the Tootell Studio |                                |  |                               |                             |

Anna Fascitelli Welcome Center 401.874.2000  
Mackal-Tootell Rec Service Center 401.874.5926

   @uricampusrec #urigroupx uri.edu/campusrec

**CLASS REGISTRATION  
IS EASY!**



**1-SIGN UP** IMLeagues.com

Or download the IMLeagues app

**2-CHECK IN** Prior to class at  
Anna Fascitelli Fitness Attendant Station  
or Tootell Studio.

Registration opens 24 hours prior to class.

# CAMPUS REC FITNESS & WELLNESS

## WELLNESS RESOURCE CENTER

The Fitness & Wellness program strives to promote a balanced lifestyle for the University community. The fitness areas, wellness resource center, personal training, and group exercise class offerings provide a positive outlet to support optimal well-being. Nationally certified professionals lead our programs to encourage participants in achieving sustainable dietary, fitness, and wellness goals. The program's holistic approach targets seven dimensions of wellness; physical, social, intellectual, spiritual, emotional, environmental, and occupational.

**DETAILS!** [uri.edu/campusrec](http://uri.edu/campusrec)

**QUESTIONS?** Anna Fascitelli Welcome Center 401.874.2000

### Mondays/6:30-7:15pm

### MAKE A CHANGE

Bring awareness to your personal habits and comfort zones. We will supply you with the resources to help change your life for the better. Set long and short term goals, build positive healthy, maintainable habits to change your perspective. This will give you the support and knowledge to break through your comfort zone to make mindful life changes. Led by a certified personal life coach. Location: Anna Fascitelli Wellness Resource Center

### Tuesdays/6:00-7:00pm

### FOODUCATION

**Choose Well, Live Well.** Focus on making healthier food choices. This FREE weekly workshop addresses the most common questions and concerns about food and eating trends on campus today. Come JOIN US! Drop in any (or every) week to pick up some tips on healthy eating, share your struggles with friends, and grab some easy recipes. Led by URI Nutrition and Dietetics students.

**Nov 7:** Nutrition Made Easy. **Nov 14:** Lifestyle vs. Dieting: What's the difference? **Nov 21:** Food for Comfort. **Nov 28:** Let's Pump Some Iron! **Dec 5:** Food is Fuel! Location: Anna Fascitelli Wellness Resource Center

### Wednesdays/4:30-5:30pm

### WRITING FOR WELLNESS

Forgiveness, self inquiry, gratitude, goal setting and more! Explore how writing contributes to increased mental, physical and emotional health. Location: Anna Fascitelli Wellness Resource Center

### Thursdays

### THIRSTY THURSDAYS

Program geared toward health promotion, nutrition and wellness. Free fresh smoothies, games and valuable educational resources. In Collaboration with URI Health Services. **Nov 9, 5-7pm:** Creative Snacks on the Go. **Dec 12, 12:30-2pm:** Sleep Well: Re-energize, Re-boot, Re-charge! Location: Anna Fascitelli Wellness Resource Center

### MEDITATION STATION

Self Guided/Drop In  
Monday-Friday 9am-5pm

In the Wellness  
Resource Center

### WORK YOUR WELLNESS

"Take A Break and Unwind"

Wellness Resource Center Anna Fascitelli, lower level

### OPEN MONDAY-FRIDAY 9AM-5PM

jigsaw puzzles, board games, coloring, zen board painting  
zen gardening, knitting, reading, time in our massage chair

### THANKS & GIVING

**NOV 13-DEC 3**

Details soon

@URICampusrec

[Uri.edu/campusrec](http://Uri.edu/campusrec)



CAMPUS  
RECREATION