## 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!

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### 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.

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### Schedule:

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<tbody>
<tr>
<td>8:00 - 8:45am</td>
<td>7:00 - 7:45am</td>
<td>7:00 - 7:45am <strong>CORE &amp; MORE</strong></td>
<td>7:00 - 7:45am <strong>CORE &amp; MORE</strong></td>
<td>7:00 - 7:45am <strong>CORE &amp; MORE</strong></td>
<td>9:30 - 10:15am <strong>CORE &amp; MORE</strong></td>
<td>5:00 - 5:45pm ZUMBA®</td>
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<tr>
<td>SPIN®</td>
<td>BODY PUMP®</td>
<td>YOGA</td>
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<td>6:00 - 7:00pm BODY PUMP®</td>
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<td>9:00 - 9:45am</td>
<td>11:15am - 12:00pm INTERVAL</td>
<td>12:15 - 1:00pm YOGA</td>
<td>12:15 - 1:00pm <strong>CORE &amp; MORE</strong></td>
<td>8:00 - 8:45am <strong>CORE &amp; MORE</strong></td>
<td>10:00 - 11:00am <strong>CORE &amp; MORE</strong></td>
<td>6:00 - 7:00pm BODY PUMP®</td>
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<td>YOGA</td>
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<td>12:15 - 1:00pm</td>
<td>12:15 - 1:00pm PILATES</td>
<td>12:15 - 1:00pm BODY PUMP®</td>
<td>12:15 - 1:00pm <strong>CORE &amp; MORE</strong></td>
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<td>7:00 - 8:00pm YOGA</td>
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<tr>
<td><strong>STRONG®</strong></td>
<td>4:00 - 4:45pm HANDS DOWN</td>
<td>3:30 - 4:15pm YOGA</td>
<td>4:00 - 4:45pm BODY PUMP®</td>
<td>2:00 - 3:00pm SELF DEFENSE</td>
<td>8:00 - 8:30pm MEDITATION</td>
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<tr>
<td>3:00pm Start at Mackal RHODY REC RUN</td>
<td>4:30 - 5:15pm <strong>BODY PUMP®</strong></td>
<td>4:00 - 4:45pm BODY PUMP®</td>
<td>4:00 - 4:45pm <strong>SPIN®</strong></td>
<td>4:00 - 4:45pm <strong>HIP HOP YOGA</strong></td>
<td>4:30 - 5:15pm ZUMBA®</td>
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<td>3:30 - 4:15pm <strong>SPIN®</strong></td>
<td>5:00 - 5:45pm <strong>MEDITATION</strong></td>
<td>4:30 - 5:15pm <strong>ZUMBA®</strong></td>
<td>5:00 - 5:45pm STEP INTERVAL</td>
<td>5:30 - 6:15pm CARDIO AB FUSION</td>
<td>5:00 - 5:45pm ZUMBA®</td>
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<td>4:30 - 5:15pm <strong>YOGA</strong></td>
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<td>5:00 - 5:45pm</td>
<td>5:30 - 6:15pm <strong>BODY BLAST</strong></td>
<td>5:00 - 5:45pm <strong>SPORTS</strong></td>
<td>5:45 - 6:15pm FOAM ROLL</td>
<td>6:00 - 6:45pm BODY PUMP®</td>
<td><strong>ZUMBA®</strong></td>
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<td>CARDIO AB FUSION</td>
<td>6:00 - 6:45pm <strong>SPORTS</strong></td>
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<td>GO WITH THE FLOW</td>
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<td>6:30 - 7:15pm <strong>SPORTS</strong></td>
<td><strong>ZUMBA®</strong></td>
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**Classes at Anna Fascitelli Fitness & Wellness Center**

| **Classes at TOOTELL in the Tootell Studio** |

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

@uricampusrec #urigroupx uri.edu/campusrec
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

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.


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