

CAMPUS REC FITNESS & WELLNESS

GROUP EXERCISE SCHEDULE

SEPT 11 - OCT 29

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

**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 Group X Studio.

Registration opens 24 hours prior to class

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

@uricampusrec #urigroupx uri.edu/campusrec

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 **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. **LOCATION:** 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:** Wellness Resource Center

Thursdays/5:30-7:00pm

THIRSTY THURSDAYS

Program geared toward health promotion, nutrition and wellness. Free fresh smoothies, games and valuable educational resources

9/14: College 101. **9/28:** Think safety, we do! **10/12 @ 12:30-2pm:** Mood booster foods.

10/26 @ 12:30-2pm: Food to fuel, not to diet. **11/9:** Creative snacks on the go.

12/7: Sleep well: re-energize, re-boot, re-charge **LOCATION:** Wellness Resource Center

**Kindness
ROCKS!**

Sept 18-24

Make a rock, take a rock
hide one, find one.

**SPREAD KINDNESS
THROUGHOUT
CAMPUS!**

I BELONG

Oct 1-7

Promote respect and inclusion.

Celebrate diversity
and a sense of belonging.

Activities, Crafts, Information

Booths and Meditation
Station.

WORK YOUR WELLNESS

"Take A Break and Unwind"

Wellness Resource Center Anna Fascitelli, lower level

OPEN MONDAY-FRIDAY 9AM-4PM

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

Coming soon: MEDITATION STATION



**CAMPUS
RECREATION**