# Campus Rec Fitness & Wellness
## Group Exercise Schedule
### Spring Term 1: Jan 22 - March 9

**Welcome!** Anna Fascitelli Center and Mackal-Tootell Complex provide 55+ 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

<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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</thead>
</table>
| 12:15 - 1:00pm
BODY PUMP™      | 8:00 - 8:45am
CORE & MORE     | 7:00 - 7:45am
BODY PUMP™      | 8:00 - 8:45am
CYCLE          | 7:00 - 7:45am
YOGA          | 5:00 - 5:45pm
ZUMBA®        |
| 12:15 - 1:00pm
CYCLE        | 12:15 - 1:00pm
BODY BLAST    | 12:15 - 1:00pm
STEP COMBO    | 12:15 - 1:00pm
CORE & MORE   | 12:15 - 1:00pm
POUND®        | 10:00 - 10:45am
BODY PUMP™    | 6:00 - 7:00pm
BODY PUMP™    |
| 3:30 - 4:15pm
YOGA       | 2:00 - 2:45pm
**CYCLE      | 12:15 - 1:00pm
YOGA       | 2:00 - 2:45pm
**YOGA      | 12:15 - 1:00pm
CYCLE        | 7:00 - 8:00pm
YOGA        |
| 4:00 - 4:45pm
CORE & MORE | 3:00 - 3:45pm
SELF DEFENSE| 2:00 - 2:45pm
**BALANCED BODY | 4:00 - 4:45pm
BODY PUMP™  | 2:00 - 2:45pm
MEDITATION  | 8:00 - 8:30pm
MEDITATION  |
| 4:30 - 5:15pm
HANDS DOWN | 4:00 - 4:45pm
BODY PUMP™ | 3:30 - 4:15pm
CYCLE      | 5:00 - 5:45pm
PILATES     | 4:30 - 5:15pm
ZUMBA®      |
| 5:00 - 5:45pm
**BODY PUMP™ | 4:30 - 5:30pm
YOGA VINYASA | 4:00 - 4:45pm
POUND®      | 5:00 - 5:45pm
**SPINTERVAL | 5:30 - 6:15pm
BODY PUMP™  |
| 5:30 - 6:15pm
GO WITH THE FLOW | 5:00 - 5:45pm
**KICKBOX BOOTCAMP | 4:30 - 5:15pm
BARRE      | 5:30 - 6:15pm
CARDIO AB FUSION | 6:30 - 7:30pm
YOGA       |
| 6:00 - 6:45pm
**YOGA 4 ATHLETES | 5:30 - 6:15pm
MEDITATION | 5:00 - 5:45pm
**ZUMBA® | 6:00 - 6:45pm
HIP HOP YOGA |
| 6:00 - 6:45pm
SCULPT & BURN | 5:30 - 6:15pm
CARDIO HIP HOP | 5:30 - 6:15pm
YOGA        | 6:30 - 7:15pm
CARDIO KICKBOX |
| 6:30 - 7:15pm
CYCLE       | 6:00 - 6:45pm
CYCLE       | 6:00 - 6:45pm
BODY PUMP™ | 6:45 - 7:15pm
YOGA ASANA WORK |
| 7:00 - 7:45pm
ZUMBA®      | 6:30 - 7:15pm
POUND®      | 6:15 - 7:00pm
MEDITATION | 7:30 - 8:15pm
BODY PUMP™ |
| 7:00 - 7:45pm
CAPOEIRA    | 6:30 - 7:15pm
CYCLE       |              |              |              |
|              | 7:00 - 8:00pm
MODERN DANCE |              |              |              |

**Classes at Anna Fascitelli Fitness & Wellness Center**

**Class Registration Is Easy!**

1-Sign Up IMLeagues.com or download the IMLeagues app

2-Check In Prior to class at the Fitness Attendant Station (get your token) or Tootell Group X Studio.

Registration opens day prior at NOON.
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/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

Tuesdays/6:30-7:15pm
MINDFUL MOMENTS
A journey of Mindfulness. Tune into your intuition and begin to see the true world around you. Every week we will be working on your own personal journey of mindfulness. We will awaken your mind and intuition through the use of vision boards, guided meditation, group sharing and other resources. 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
2/1: Shake it or make it? 2/15: What does your body need? 3/1: Love you, inside and out!
3/29: Listen to your body! 4/12: Take a healthy perspective.
4/26: What is too much of a good thing! LOCATION: Wellness Resource Center

INSIDEOUT WEEK
Feb 26-Mar 2
A week dedicated to exploring your thoughts, feelings and perceptions about you!
Various events, activities and workshops at Mackal & Anna Fascitelli.

WELLNESS RESOURCE CENTER
Lower level Anna Fascitelli Fitness and Wellness Center
OPEN MONDAY-FRIDAY 9AM-4PM
Take A Break and Unwind - Meditation Station, Jigsaw puzzles, board games, coloring, zen board painting, zen gardening, knitting, reading, time in our massage chair.