## Class Registration is Easy!

1. **Sign Up** [IMLeagues.com](http://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.

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**Classes at Anna Fascitelli Fitness & Wellness Center**  
**Classes at TOOTELL in the Group X Studio**
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.

**Weekly ReMINDers**

Stop by Anna Fascitelli to find fun activities in the lobby.