

CAMPUS REC FITNESS & WELLNESS

GROUP EXERCISE SCHEDULE

SPRING TERM 2: MARCH 19-APRIL 29

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*

MON	TUES	WED	THURS	FRI	SAT	SUN
7:30 - 8:15am CYCLE	8:00 - 8:45am CORE & MORE	7:30 - 8:15am BODY PUMP™	8:00 - 8:45am CYCLE	7:00 - 7:45am YOGA	9:00 - 9:45am CYCLE	5:00 - 5:45pm ZUMBA®
12:15 - 1:00pm BODY PUMP™	12:15 - 1:00pm PILATES	12:15 - 1:00pm CYCLE	12:15 - 1:00pm CARDIO AB FUSION	12:15 - 1:00pm STRONG®	10:00 - 11:00am BODY PUMP™	6:00 - 7:00pm BODY PUMP™
12:15 - 1:00pm CYCLE	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
3:30 - 4:15pm YOGA	3:00 - 3:45pm BUJUTSU	2:00 - 2:45pm **CORE & MORE	4:00 - 4:45pm BODY PUMP™	2:00 - 2:45pm MEDITATION		8:00 - 8:30pm MEDITATION
4:00 - 4:45pm CORE & MORE	4:00 - 4:45pm BODY PUMP™	3:30 - 4:15pm CYCLE	5:00 - 5:45pm PILATES	4:30 - 5:15pm ZUMBA®		
4:30 - 5:15pm HANDS DOWN	4:30 - 5:30pm YOGA VINYASA	4:00 - 4:45pm POUND	5:00 - 5:45pm **SPINTERVAL	5:30 - 6:15pm CYCLE		
5:00 - 5:45pm **BODY PUMP™	5:00 - 5:45pm **BEACH BOOTCAMP	4:30 - 5:15pm BARRE	5:30 - 6:15pm CORE & MORE	6:30 - 7:30pm YOGA		
5:30 - 6:15pm HANG TIGHT CIRCUIT	5:30 - 6:15pm MEDITATION	5:00 - 5:45pm **ZUMBA®	6:00 - 6:45pm YOGA			
6:00 - 6:45pm **YOGA 4 ATHLETES	5:30 - 6:15pm ZUMBA®	5:30 - 6:15pm YOGA	6:30 - 7:15pm CARDIO KICKBOX			
6:00 - 6:45pm SCULPT & BURN	6:00 - 6:45pm CYCLE	6:00 - 6:45pm BODY PUMP™	7:30 - 8:15pm BODY PUMP™			
6:30 - 7:15pm CYCLE	6:30 - 7:15pm BODY PUMP™	6:15 - 7:00pm MEDITATION	8:00 - 8:45pm CYCLE			
7:00 - 7:45pm ZUMBA®	7:00 - 7:45pm CAPOEIRA	6:30 - 7:15pm CYCLE				
		7:00 - 8:00pm MODERN DANCE				

**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.

REVISED 3/9/18

Classes at Anna Fascitelli
Fitness & Wellness Center

** Classes at TOOTELL
in the Group X Studio

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/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/5:30-6:15pm

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

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

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

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.



CAMPUS RECREATION