CAMPUS REC
GROUP EXERCISE & WELLNESS SCHEDULE
SPRING BREAK/MARCH 12-16

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<tbody>
<tr>
<td>7:00 - 7:45am CYCLE</td>
<td>7:00 - 7:45am CORE &amp; MORE</td>
<td>7:00 - 7:45am YOGA</td>
<td>All Classes at Anna Fascitelli Fitness &amp; Wellness Center</td>
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<tr>
<td>12:15 - 1:00pm SHEER STRENGTH</td>
<td>12:15 - 1:00pm CYCLE</td>
<td>12:15 - 1:00pm YOGA</td>
<td>HOURS MARCH 12-18 Monday-Friday: 6:45am-5:00pm</td>
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<td>Saturday/Sunday: closed</td>
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1-SIGN UP IMLeagues.com/uri Or download the IMLeagues app
2-CHECK IN Prior to class at Anna Fascitelli Fitness Attendant Station.

REGISTRATION IS EASY!
Registration opens day prior at noon.

Relax
Refresh
Revive
in the Wellness Resource Center
lower level, Anna Fascitelli Fitness & Wellness Center

A safe, comfortable space for you to relax and “work your wellness” during Spring Break.

Inviting all members to take a break and unwind:
Self guided meditation station (add music or guided meditation via Bluetooth headphones) time in our massage chair, soothing music, jigsaw puzzles, board games, coloring, zen board painting, zen gardening.

HOURS: Mon-Fri 9am-4pm
Anna Fascitelli Welcome Center 401.874.2000

BODYPUMP™: The original LesMills™ barbell class! Focus on low weight loads and high repetition movements to burn fat, gain strength and produce lean body muscle conditioning, fast. You have to try it to believe it!

CORE AND MORE: This full-body workout incorporates balance and/or functional movement into each exercise to target the muscles of the torso, abdomen, and spine to increase core strength and stability.

MEDITATION: Allow us to guide you through the most peacefully present 30 minutes of your day. This class is a great addition to your yoga practice or for anyone that wants to take a few moments to relax. Some weeks may include light movement and breath work while others may focus around mindfulness exercises.

POUND®: The world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

SHEER STRENGTH: A no-frills, total body resistance training class, designed to challenge your strength and stamina. Shape, sculpt, and increase lean muscle mass using hand-held weights, body bar, bands, balls, Bosu, and/or mat work.

CYCLE: Get ready to RIDE your way to cardio strength and endurance with this non-impact stationary cycling workout, set to motivating music and simulating an outdoor bike ride. Towels and water bottles are a must!

YOGA: A series of Asanas, or postures, that integrate the connection of mind, body, and breath to enhance flexibility, balance, and strength. Benefits of Yoga include improved circulation, strengthening of the nervous system, reduced stress, and relaxation.

ZUMBA® Take the “work” out of workout with this fun, choreographed cardio dance party that focuses on rhythms and moves from around the globe. Sweat to the beat and see why this perfect combo of fun and fitness has made Zumba® classes a world-wide phenomenon.

MACKAL-TOOTELL COMPLEX: Community Swim, Cardio Room, Weight Room, Indoor Track - visit our website for schedule and hours. Mackal-Tootell Rec Service Center 401.874.5926

@uricampusrec #uricampusrec uri.edu/campusrec