CUSTOM REC

Thank you for inquiring about our Custom Rec group fitness and wellness classes, designed for your group, held at Anna Fascitelli Center, Mackal-Tootell Complex or YOUR location.

GUIDELINES:
- All options can be scheduled on-site at Anna Fascitelli Center, Mackal-Tootell Complex or off-site at your department, center, or residence hall.
- Custom Rec can be a one-time event or on-going. We currently do weekly and monthly classes for different groups on campus.
- We are also happy to work with you on tailoring a program specific to your needs. For example, if you don’t find what you’re looking for below, we will do our best to accommodate a special request.
- Requests must be made at least 2 weeks in advance.
- Billing will occur following your event.

OPTIONS:
- 1-3 classes $30/each*
- 4-10 classes $25/each*
*additional material fees may apply to some Wellness Classes

FITNESS CLASS OPTIONS: note – others available upon request
- Any of our regularly scheduled classes can be tailored to your group’s needs. Including all Group X, Cycle and Mind Body Formats.
  Example: Yoga, Cycle, Body Pump®, Boot Camp, and more.

WELLNESS CLASS OPTIONS: note – others available upon request
- WELLNESS: guided meditation, fitness center orientations, vision boarding, DIY zen gardening, journaling, affirmation bracelets, coloring, goal setting, mindset makeover, fitness center orientations, #ploggingURI, 5k walk/run, Kindness Rocks, Origami, etc.

SCHEDULE A CUSTOM REC CLASS: Visit uri.edu/campusrec for the online application, or complete form on opposite side, email to Denise Robbin, Fitness & Wellness Specialist drobbin@uri.edu 401-874-9471

Our Mission: The Department of Campus Recreation at The University of Rhode Island provides diverse experiences which enhance the quality of campus life through recreational opportunities that promote a lifelong commitment to health and well-being. We foster student success through engagement, collaborative learning experiences and embracing individual interests and values that inspire a sense of belonging.
CUSTOM REC APPLICATION

_____ YES! I would like to schedule a Custom Rec class for my group.

Group/Organization Name: ________________________________________________________________

Contact Name: ___________________________ Contact Phone #: ____________________________

Contact Email: ____________________________

First Choice Class Request:

Date: ____________ Time: ____________ Type of class: ________________________________

Alternative Choice Class Request:

Date: ____________ Time: ____________ Type of class: ________________________________

Number of Classes: ______________ Frequency of Classes (if multiple requested): ____________

Number of Class Participants Expected: ________________________________

Preferred Location of Class: ______ Anna Fascitelli Center ______ Mackal-Tootell Complex

_____________________________ Off-site at YOUR place (specify building, room, etc)

Completed application must be emailed to Denise drobbin@uri.edu 2 weeks prior to the date requested.

Once you have submitted your application, please allow 3 days for scheduling response. Upon receipt of Custom Rec contract, you will be provided a poster to use to market your Custom Rec class. Marketing of your class will increase participation and energize your group.

Giveaways available by request, additional marketing tools and resources can be provided by contacting our Campus Rec Marketing Team, Jenn Luther jluther@uri.edu 401-874-4510.

HEALTHY OPTIONS FOR EVERYONE, EVERY DAY