

Fall 2009

Turn over for more!

Group Ex, Personal Training, Specialty

Subject to change; for updates and more details on these programs, please refer to our website.

FitPasses and Drop-In Class Passes

Many of our group exercise classes are free, but a selection are available at additional cost. A **FitPass** covers all fee-based group exercise classes, and is available as either a **25-Use** FitPass (valid for academic year) for \$50, a **Semester** FitPass (valid for one semester) for \$60, or a **Summer** FitPass (valid for the summer) for \$25. A full membership, Early Bird Facility Pass, or Punch Pass is required for FitPass purchase. Early Birds with FitPasses may attend any Group Exercise class as long as they enter the facility before 10:30 a.m. on weekdays. A **Drop-In Pass** costs \$4 and is good for one session of one fee-based class.

Group Exercise Class Descriptions: Class schedule is available on our website & at the front desk. Shaded classes are free; all others are FitPass classes. Classes are 50 minutes unless noted.

Boot Camp 101	Ready for the ultimate challenge? This class will incorporate moderate to intense total body exercises with cardio and core strengthening. FREE
Bosu Blast	Uses the Bosu ball to give you a total body workout; resistance training and cardio. FREE
Cycle X	Indoor cycling at its best. This class will simulate riding over various types of terrain. Enjoy hills, flats, intervals and more. A great class for beginner or advanced cyclists.
Endurance Ride	Ready for the ultimate ride? Hop on a bike and enjoy 90 (yes, we said 90) minutes of cycling. Focus is on endurance, with the occasional hill, interval, or combination.
Kick N Pump	Kick it up with this mix of kickboxing and resistance training. FREE
HardCore	This 30 minute class will focus on core strengthening and stability exercises that can be added to your regular workout program. FREE
Hip Hop Dance	Learn the basics of Hip Hop Dance while getting a total body workout. No experience necessary. When you're finished you'll be the next 'America's Next Dance Crew'! FREE
Pilates	Use controlled exercises/equipment to tone and strengthen your body, improve your mental and physical well-being, increase flexibility, and strengthen muscles.
Body Ball	Mix up your workouts with this combination of resistance training and cardio using the stability ball. FREE
Step N Pump	Energize yourself with a great cardio step workout along with resistance training. Moderate- to high-intensity class for those who have the basics of stepping. FREE
Venerable Vortex	Moderately intense; geared to use the resistance of water for a great workout! FREE
Gentle Yoga	Learn core movement principles that form the foundation of yoga practice, as well as breathing and relaxation exercises. We will build strength, promote flexibility, develop awareness, and move energy through the body.
Fitness Yoga	This yoga class focuses on strength and stability yoga poses to keep your body lean and limber while still focusing on breathing and relaxation.
Zumba	This energized class features aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

www.umaine.edu/campusrecreation



(207) 581-1082

THE DIVISION OF
Student Affairs

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Personal Training

FREE Training Tip Tuesdays: From 1:00-3:00 p.m. on the first Tuesday of each month, our Personal Trainers are available for you to pick their brains for FREE! Keep your eyes open for anyone wearing a **red** Campus Recreation polo shirt.

Fitness Assessment: A very important tool to benchmark one's current fitness levels in order to develop accurate exercise recommendations, establish reasonable fitness goals, chart progress, and determine current health status! Results will be interpreted and provided in a report for you to keep. **Member: \$21; Non-Member: \$28.**

Fitness Consultation: One of our Trainers will give you advice on the most effective and efficient ways to attain your fitness goals. A Fitness Assessment is not required prior to this service. **Member: \$15; Non-Member: \$22.**

Body Composition Analysis: A body composition analysis, (included in a Fitness Assessment) reveals an individual's percentage of body fat. You are given your results and interpretation within minutes. **Member: \$12; Non-Member: \$19.**

Nutrition Consultation: Members & Non-Members: \$45 per 1-hour session.

Diet Analysis: 1 day: \$20 (or \$5 if booked with Consultation); **3 day:** \$35 (or \$20 if booked with Consultation).

Personal Training: A personal trainer is involved in developing and applying effective physical activity programs to help individuals achieve their personal fitness goals. A Fitness Assessment is required before any PT services may be rendered.

Individual Personal Training	Member	Non-Member
1 Session	\$32	\$37
2 Session Package	\$53	\$63
3 Session Package	\$78	\$93
5 Session Package	\$113	\$138
8 Session Package	\$179	\$219
12 Session Package	\$243	\$303
20 Session Package (best value)	\$363	\$463

Buddy Training	Member	Non-Member
1 Session	\$43	\$53
2 Session Package	\$83	\$103
3 Session Package	\$123	\$153
5 Session Package	\$168	\$218
8 Session Package	\$268	\$348
12 Session Package	\$363	\$483
20 Session Package (best value)	\$543	\$743

Specialty Classes

"Big Bears to Little Bears" Challenge	During this 12-week program from Sept. 14 to Dec. 10 , each team meets with a Personal Trainer twice a week. Earn points by % of bodyweight lost, weekly challenges, etc. Winning team receives a prize package! Kickoff: Sept. 10, 6:00 p.m., Room 100, DPC Bldg. Member: \$100; Non-Member: \$125
Outdoor Boot Camp	This 6-week boot camp from Sept. 15 to Oct. 22 will make you use new muscles, and provide a team atmosphere! Meets Tuesdays and Thursdays from 6:30 to 7:30 a.m. Members and Non-Members: \$40
Survival of the Fittest	This 6-week program from Sept. 14 to Nov. 20 will improve your fitness and hone your physique. Each 3-6 person team will meet with a Personal Trainer twice a week. Ends with the SOTF Team Challenge! Member: \$100; Non-Members must purchase a membership for the duration of the program.
Training for Mass	During this 8-week program from Sept. 21 to Nov. 16 , groups will meet with their Trainer at the beginning of each week, where workouts for the week will be supplied. Meets Mondays from 6:00 to 7:00 p.m. Member: \$50; Non-Members must purchase a membership for the duration of the program.
GET REC'D Challenge	Come try our 5-minute GET REC'D Challenges and see what you're made of!! Exercises will vary. Winners will receive a PRIZE! FREE!
UMaine Gladiators	On Nov. 8 from 9:30 a.m. to 2:00 p.m., put your skills to the test against our Gladiators! 10-person minimum. Members & Non-Members: \$10

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