



SPRING GROUP FITNESS CLASS SCHEDULE

JANUARY 24TH - MAY 5TH
UNEFIT NO CLASSES ON 3/12 - 3/20



Community Members



UNEFIT



UNECOM

All classes held in the Campus Center - No sign up needed, classes will be on a first come first serve basis. **All classes are open to Undergraduate, COM Students, Faculty, Staff, and Community Members.** FMI contact Shannon Garland E:sgarland@une.edu P:(207) 602-2282.



MONDAY

Water Aerobics

8:00-9:00AM

CC- Pool

Water Aerobics

9:30-10:30AM

CC- Pool

Bootcamp

5:30-6:30PM

Fitness Center 121B

Spin & Tone

6:30-7:30PM

Fitness Center 121B

Zumba

6:30-7:30PM

MPR Simard 136

Circuit Training

7:30-8:30PM

MPR Simard 136

HIIT

8:00-8:50PM

Fitness Center 121B

TUESDAY

Spin

6:15-7:15AM

Fitness Center 121B

Strength & Balance

9:00-10:00AM

MPR Simard 136

Spin

5:30-6:30PM

Fitness Center 121B

Zumba

6:00-7:00PM

MPR Simard 136

Bootcamp

6:30-7:30PM

Indoor Track

Spin

7:00-8:00PM

Fitness Center 121B

WEDNESDAY

Water Aerobics

8:00-9:00AM

CC-Pool

Water Aerobics

9:30-10:30AM

CC-Pool

Power Yoga

5:30-6:30PM

MPR Pettapiece 136

Spin & Tone

6:00-7:00PM

Fitness Center 121B

Circuit Training

7:30-8:30PM

MPR Simard 136

HIIT

8:00-8:50PM

Fitness Center 121B

THURSDAY

Yoga

8:30-9:30AM

MPR Wescott 135

Kickboxing

5:00 - 6:00PM

MPR Simard 136

Spin

5:30-6:30PM

Fitness Center 121B

Spin

6:30-7:30PM

Fitness Center 121B

Zumba

7:00-8:00PM

MPR Simard 136

FRIDAY

Water Aerobics

8:00-9:00AM

CC-Pool

Water Aerobics

9:30-10:30AM

CC-Pool

Yoga

11:00AM-12:00PM

MPR Wescott 135

Pump It Up

12:00-1:00PM

Basketball Court Back 1/2

Spin

12:30-1:30PM

Fitness Center 121B

Bootcamp

2:00-3:00PM

Indoor Track

Zumba

3:00-4:00PM

MPR Simard 136

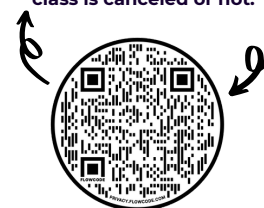
SATURDAY

Power Yoga

12:00-1:00PM

MPR Simard 136

Want to receive email updates on classes? Scan this Barcode to fill out the google form. This is where you will find out if a class is canceled or not.



@unefitclub



UNIVERSITY OF
NEW ENGLAND

INNOVATION FOR A HEALTHIER PLANET

Class Descriptions

Community Members

Strength & Balance	In this class we use 3lb Dumbbells, mini bands, resistant bands, aerobic steps & a chair. Our exercises include standing, sitting, and working on balance & strength. ~Shannon
Water Aerobics	Water Aerobics we use water dumbbells, pool noodles, kickboards, pool wail, shallow end and deep end (we have waist belts). We work on full body strength, balance and cardio while enjoying the social aspect & laughs that come with it. ~Shannon&Catlin
UNEFIT	
Bootcamp	Looking to work up a sweat and burn some calories while still incorporating some strength? Bootcamp is a cardio, metabolic and strength workout, in an AMRAP style. Great for beginners to advanced as you control the tempo! ~Ren
Circuit Training	Circuit Training is a cardio/strength class with each of the exercises repeating in a circuit format, all to the beat of the music! Everything in the class can be modified so it is suitable for all fitness levels! Come sweat with me! ~Gracie
Kickboxing	College is stressful, why not take it out in a zero judgment zone? Learn how to punch and kick without hurting yourself and get in a killer workout. No experience needed and every workout is tailored around any previous injuries or to fit any part of the body you would like to focus on. ~Andy
Pump It Up	Pump It Up will provide you with a full body strength workout using dumbbells, aerobic steps, resistant bands, and more. We will have moments of cardio, strength & balance with every exercise having options to modify for all fitness levels. (4/1, 4/6, 4/22 no class) ~Shannon
Spin	Spin is a 45-50 minute high intensity workout. We climb heavy hills, and sprint for durations, and have the occasional arm song. That combined with some fun choreography gives us a full body workout. Join us to relieve our stress, listen to loud music, and to push ourselves! ~Emma
Spin & Tone	Spin and tone is a one hour long hybrid class that combines cardio and weight training. We start with 30 minutes of spin to get your heart pumping then hop off the bikes to focus on toning your upper body, lower body and core. I'll be guiding the class but you control your work out. Come sweat with me. ~Hanna
TRX	TRX is a 45-50 minute class that pushes you to your limits. With strength training and cardio rolled into one, you'll definitely break a sweat. The TRX straps allow you to control your workout, making it perfect for anyone at any level. ~Hanna
YOGA	Yoga is for every body (all levels of experience welcome). Eryn's Yoga classes are a blend of functional strengthening and Yogic principles/philosophy to help students cultivate sustainable self-transformation in the mind and within the body. ~Eryn
Zumba	Break out your dancing shoes and a water bottle! Zumba is a <u>dance fitness class which combines Latin and international music</u> . It's the perfect combination of fun and fitness, with no prior experience required. Come shake off some stress and get in a great workout! ~Aubrey
UNECOM	
Bootcamp	Bootcamp is a high energy class with a mixture of both weighted and body weight exercises. Classes are either tabata/high intensity interval training style or moves are done to the beat of the music. The class welcomes all ability levels as every exercise has a modification and can be made low impact. You are guaranteed to leave sweaty! ~Julia
Tuesday's AM Spin	Join me for a 45-min spin class with beats that make you want to dance which will totally make you forget your working out until you see the pool of sweat under your bike! You will be on the bike the whole time with songs both in and out of the saddle. We take a quick break from riding for some arms and get those shoulders burning & toned. ~Tal
Tuesday's PM Spin	Come sweat with me on Tuesdays in a high energy spin class. Rides will be a mixture of intervals, hills, and tabata, with infectious playlists to accompany the workout! Come to de-stress before a test, or to fit in a quick ride during a busy week. See you all there! ~Allie
Thursday's Spin	Spin fusion with Katie is a fun and upbeat 45 minute ride full of hills, sprints, and everything in between. We like to throw some arms and abs in towards the end of class so don't be surprised if we spend a few songs off the bike! First timers to advanced cyclists welcome. ~Katie
Power Yoga	Power Yoga is a fun, challenging class that is designed to build strength, heat, and endurance. Get ready to move to energizing music and to incorporate vinyasa flow, breathwork, and arm balances! At the end of class, you will leave feeling strong and relaxed. No previous yoga experience necessary. ~Anna