



Summer Group Exercise Schedule

Session 1: May 21 - June 22, 2012

No Classes Monday, May 28th, due to Memorial Day holiday!



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
12:30 - 1:30 PM <i>SPIN TO THE CORE</i>	12:30 - 1:15 PM <i>RAM SPIN</i>	12:30 - 1:30 PM <i>SPIN TO THE CORE</i>	12:30 - 1:15 PM <i>RAM SPIN</i>
	4:30 - 5:30 PM <i>ZUMBA</i>	4:30 - 5:30 PM <i>YOGA</i>	

	URI Students*/ Rec Pass Member	Non-Members (URI Affiliated)
Spin Package:	\$20.00	\$30.00
Yoga Package:	\$20.00	\$30.00
Zumba Package:	\$20.00	\$30.00
SESSION 1 SPECIAL: Spin, Yoga & Zumba	\$30.00	\$40.00

* = Provided the URI Student has purchased a Summer Rec Pass membership.

Ram Spin: This indoor cycling class is great for everyone! Each ride will be creatively different as the instructor leads through a series of positions to simulate an outdoor ride. Towels and water bottles are a must! ** Be sure to show up 15 minutes early to reserve a bike.*

Spin to the Core: A heart and body pump combination of our indoor cycling Ram Spin class and core strengthening exercises.

Yoga: Enjoy this Vinyasa and Hatha style approach which features a flowing sequence of poses linked with breath that invigorate your mind and challenge your muscles. This practice will help to instill the mind, body and spiritual strength through a series of postural, breathing, and meditation techniques. Benefits include: stress release, weight control, improved body alignment and flexibility, all levels of fitness are welcome to attend.

Zumba: Avoid monotony in your workouts with this fun choreographed aerobic style dance workout that focuses on Latin rhythm and moves. Experience Salsa, Merengue, Cumbia, and Cha-Cha that are all not only great for the body, but also for the mind. It is a "feel-happy" workout that is great for all levels of fitness!



For more information, please visit our website uri.edu/recservices or call the Fitness & Wellness Office at 401.874.2822.

