



REVISED SCHEDULE FOR FREE WEEK!

November 2nd – 8th, 2009



MACKAL GROUP EXERCISE 2nd Session!!

All classes are held in the Tootell Dance Studio. Please arrive 15 minutes early with a water bottle & towel

Any questions, please contact the Rec Service Center at 874-5926.

MONDAY, 11/2	TUESDAY, 11/3	WEDNESDAY, 11/4	THURSDAY, 11/5	FRIDAY, 11/6	SUNDAY, 11/8
	Faculty Class 12:30-1:15 Spin		Faculty class 12:30-1:15 Spin		
1:00 – 2:00 PM RAM RPM		1:00 – 2:00 PM RAM RPM		1:00 – 2:00 PM RAM RPM	
3:00 – 3:45 PM BODY BLAST				3:00 – 3:45 PM BODY BLAST	
3:45 - 4:00PM ABS EXPRESS	3:30 - 4:00 PM ROCK BOTTOM		3:30- 4:00 PM UPPER CUTS	3:45 – 4:00 PM ABs EXPRESS	
 4:00 – 5:00 PM STEP & Sculpt	4:00 – 5:00 PM INTERVAL	4:00 – 5:00 PM STEP	4:00 – 5:00 PM INTERVAL	4:00 – 5:00 PM HAPPY HOUR	
5:00 - 5:30 PM AB ATTACK	5:15 - 5:45 PM HIP HOP ABS	5:00 - 5:30 PM AB ATTACK	 5:30 - 6:30PM CORE & CARDIO		5:00 – 6:00 PM CARDIO KICKBOX
5:30 - 6:30 PM CARDIO KICKBOX		5:30 - 6:30 PM CARDIO KICKBOX			6:00 - 6:45 PM BODY BLAST
6:30 - 7:15 PM ZUMBA 		6:30 - 7:30 PM BUTTS & GUTTS			6:45 – 7:00 PM AB EXPRESS
7:30 - 8:30 PM BUTTS & GUTTS	7:15 – 8:00 PM PIYO	7:30 -8:30 PM YOGA	7:15 – 8:00 PM ZUMBA		

RAM REMINDERS:

- You must present your URI ID/Rec Pass and Mackal Fitness Pass each time you attend a class.
- Passes are non-transferable or non-refundable except for a physician's verified illness.
- Individuals must present both a class receipt and a dated doctor's note to be reimbursed. A \$5 administrative fee will be charged for all refunds. No refunds will be issued after the midpoint of any class session.
- *There is a \$5 fee for any lost or replacement of Mackal Fitness Passes.*

**To reserve a specialty class time and instructor
Contact Leticia D Orozco at fitwell@etal.uri.edu**

	URI Students & Rec Pass Members	URI Affiliated Non-Members
Mid-Semester Registration: <i>Begins Nov. 4, 2009</i>	\$50.00	\$75.00
Class Pass:	\$3.00	N/A

GROUP FITNESS CLASS DESCRIPTIONS

ABS EXPRESS: With 15 minutes of exercises directly focused on toning your abdominals, you will be on the fast track to having the abs you have always wanted!

AWESOME ABS: You love it... so we kept it! Sculpt your core through a variety of the most effective ab exercises.

BODY BLAST: This class is designed to tone all of your muscles from head to toe in just 45 minutes, with resistance coming not only from a resistance ball or band... but your own body weight.

BUTTS & GUTTS: This 60 minute class focuses on those hard to tone trouble areas by targeting the major muscles of your legs, butt, and your abdominals.

CARDIO CIRCUIT: With stations of everything you can imagine, this class will keep you plenty busy while burning calories.

CORE & CARDIO: Get-up-and-go with this action-packed class focusing on your mid-section, burn calories and tone your tummy.

CARDIO KICKBOX: Add variety and challenge to your workout with this high-energy class designed to teach the basics of kickboxing, while improving muscle tone and cardiovascular fitness.

CARDIO & SCULPT: Half cardio and half strength training get your entire workout in a limited amount of time!

HAPPY HOUR: Your chance to have fun, and be fit while burning tons of calories! With a general cardiovascular workout, each week will be something new with combinations of cardio, strength, abs, and flexibility training.

HIP HOP ABS: Dance your way to a flat stomach with this upbeat class that uses cardio dance moves to burn fat and define your abdominals.

INTERVAL: Like to have a plan? This class is designed to alternate cardio and strength training in set time periods, to get the biggest bang for your buck!

PIYO™: Combine the art of yoga, pilates, dance and Tai Chi for a balanced, unique approach to the mind and body workout. Perfect for all fitness levels, PiYo is a fusion of flowing movement designed to make you strong, stretched, and centered.

RAM RPM: Indoor cycling class geared to make you sweat and have a good time doing so! With a series of multi-intensity positions, it's great for everyone! Towels and water bottles are a must! ** Be sure to show up 15 minutes early to reserve a bike.*

ROCK BOTTOM: This class is guaranteed to get your butt into shape... literally! This class focuses on strengthening, firming and toning all the muscles of your lower body.

SIMPLE STEP: This choreographed aerobics class brings you back to the FUNDamentals of using the step as the basis for a great cardio workout! Fantastic for beginners and those of you looking for a refresher!

STEP: This class is a choreographed aerobic workout on an aerobics step. So if you enjoy learning moves and working up a sweat while having fun, then this class is for you!

STEP & SCULPT: The perfect total body workout that increases not only your heart rate, but fat burning as well!!! The aerobic combination of step integrated with various muscle toning exercises will surely keep your mind and body active.

POWER STEP: This high intensity step class provides you with an explosive cardio workout, using highly involved plyometric combinations that challenge your speed, agility and coordination! Be sure to bring it... a towel that is!

UPPER CUTS: Pump it up... literally! Focus on strengthening, firming and toning all the muscles of your upper body.

WILL POWER & GRACE: This is a multi-functional class that focuses on functional positions, strength, endurance, and is done bare foot.

HATHA YOGA: Experience a total body experience for your mind, body and spirit.

ZUMBA: It's Back! Latin dance-based class. Add some serious fun into your workout with this unique, but easy to learn class.