



Mackal Group Exercise

Fall 2009

September 21st - December 11th:

Free Week: September 14 - 20

Semester Registration begins Sept. 16

Free Week: November 1 - 6

Late Registration (6 Weeks): Nov. 4

Winter Spin ONLY Jan. 4th - Jan. 22nd

Intercession: Members \$55

Non-Members (URI Affiliated)

. \$65

Spring 2010

February 8th - May 2nd:

Free Week: February 1 - 5

Semester Registration begins Feb. 3

Free Week: March 29 - April 2

Late Registration: March 31

Summer 2010: Spin ONLY May 26th - Aug. 6th

FULL SESSION

Members \$85

Non-Members (URI Affiliated)

. \$125

HALF SESSION (after June 28th)

Members \$45

Non-Members (URI Affiliated)

. \$70

URI Faculty/Staff

Addicted to Spin

URI Employees ONLY per semester

Monday - Friday Lunch time Spin

Members \$65

Non-Members (URI Affiliated)

. \$85

URI Faculty/Staff

Tuesday & Thursday Spin Class

URI Employees ONLY per semester

Members \$45

Non-Members (URI Affiliated)

. \$65

www.uri.edu/recservices

Personal Training

1-on-1 Appointments (1 hour)

	URI Students	Rec Pass Members	Non-Members, URI Affiliated
1 Appt.	\$28	\$35	\$50
4 Appts.	\$80	\$100	\$150
10 Appts.	\$160	\$185	\$280
15 Appts.	\$240	\$260	\$400

Strength, Conditioning & Endurance

Training 1-on-1 Appointments (1 hour)

	URI Students	Rec Pass Members	Non-Members, URI Affiliated
4 Appts.	\$85	\$110	N/A

Strength, Conditioning & Endurance

Training - One hour

Group Session (2 - 8 people)

Group (All participants must be URI Students or Rec Pass Members)

4 Appts.	\$200 per group
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Body Fat Assessment (15 minutes)

	URI Students	Rec Pass Members	Non-Members, URI Affiliated
1 Session	\$10	\$10	\$15

Fitness Assessment (1 hour)

	URI Students	Rec Pass Members	Non-Members, URI Affiliated
1 Session	\$40	\$40	\$60

Special Events

- ★ **Silver Rams Express Circuit (55 years or older):**
Monday / Wednesday / Friday 7:00 - 8:00 a.m. **FREE**
- ★ **College Express Circuit for Ladies: FREE**
Monday / Wednesday / Friday 2:00 - 3:00 p.m.
- ★ **Bench Press Challenge: FREE**
December 2nd, 2009 3:00 - 6:00 p.m.
- ★ **National Rec Sports & Fitness Week:**
February 22nd - 26th, 2010
- ★ **Spring Break Challenge:**
February 1st - March 20th, 2010

Visit our website for more information
www.uri.edu/recservices