



## MACKAL FITNESS PROGRAM

### Group Fitness Schedule FALL 2008

Semester: Mon., September 15<sup>th</sup> - Sun., December 14<sup>th</sup>, 2008

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
12 N - 12:45 PM <b>RAM RPM</b>		12 N - 12:45 PM <b>RAM RPM</b>		12 N - 12:45 PM <b>RAM RPM</b>	
1:00 - 2:00 PM <b>RAM RPM</b>		1:00 - 2:00 PM <b>RAM RPM</b>		1:00 - 2:00 PM <b>RAM RPM</b>	
3:00 - 4:00 PM <b>BODY BLAST</b>	3:45 - 4:45 PM <b>STEP &amp; ROCK BOTTOM</b>	3:00 - 4:00 PM <b>BODY BLAST</b>	3:45 - 4:45 PM <b>STEP &amp; UPPER CUTS</b>	3:00 - 4:00 PM <b>BODY BLAST</b>	
4:00 - 5:00 PM <b>STEP</b>	4:45 - 5:30 PM <b>RHODY ROPE</b> 	4:00 - 5:00 PM <b>STEP</b>	4:45 - 5:30 PM <b>BOSU</b> 	4:00 - 4:45 PM <b>RESISTANCE TRAINING</b> 	4:30 - 5:00 PM <b>AB ATTACK</b>
5:00 - 5:30 PM <b>AB ATTACK</b>	5:30 - 6:00 PM <b>UPPER CUTS</b> 	5:00 - 5:30 PM <b>AB ATTACK</b>	5:30 - 6:00 PM <b>ROCK BOTTOM</b> 	5:00 - 5:30 PM <b>AB ATTACK</b>	5:00 - 6:00 PM <b>STEP</b>
5:30 - 6:30 PM <b>CARDIO KICKBOX</b>	6:00 - 6:45 PM <b>PIYO</b>	5:30 - 6:30 PM <b>CARDIO KICKBOX</b>	6:00 - 6:45 PM <b>PIYO</b>		6:00 - 7:00 PM <b>BODY BLAST</b>
6:30 - 7:30 PM <b>BUTTS &amp; GUTS</b>	7:00 - 7:30 PM <b>FLEXIBILITY TRAINING</b>	6:30 - 7:30 PM <b>BUTTS &amp; GUTS</b>	7:00 - 8:00 PM <b>BOSU EXPRESS</b> 		7:00 - 7:45 PM <b>RAM RPM</b>
7:30 - 8:30 PM <b>INTENSE INTERVAL</b>	7:30 - 8:15 PM <b>RAM RPM</b>	7:30 - 8:30 PM <b>INTENSE INTERVAL</b>	7:30 - 8:15 PM <b>RAM RPM</b>		

	URI Students & Rec Pass Members	URI Affiliated Non-Members
Semester:	\$85.00	\$125.00
Late Registration:	\$50.00	\$75.00
Late Registration begins Nov. 10 <sup>th</sup> , 2008		

#### 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.*

# **GROUP FITNESS CLASS DESCRIPTIONS**

**AB ATTACK:** This 30 minute class focuses on sculpting the core. You will tone your abdominals through a variety of the latest and most effective abs exercises. Whether you are on your feet, a mat, or a stability ball-get ready to get ripped!

**BODY BLAST:** You'll get a total body strengthening workout with this class. Be prepared to work every major muscle group from head to toe. This one hour class will sculpt that hard body you always knew you had.

**BOSU:** Come check out the latest craze in total fitness...BoSu! This unique, dynamic piece of fitness equipment provides members with a whole new way of exercising- SMART! The Bosu engages your muscles from head to toe in virtually every move. With this class, you'll be working and toning the entire body at once- giving you incredible results, quick! Only 14 spots available so show up early, this class fills up quick!

**BUTTS & GUTS:** Work all of your major muscle groups in 60 minutes! This class focuses on strengthening the body's most powerful muscles- gluts, legs, and abdominals through a variety of resistance training exercises.

**CARDIO KICKBOX:** A cardio based aerobic class utilizes kickboxing choreography to add variety and challenge to your workout. Practice having stronger and more controlled kicks and arm combinations while maximizing your cardio capabilities through various high intensity drills. Kickbox is a multi-intensity class that one can be assured to have the freedom to take at his or her own level. This is an intense cardio class designed to teach the basics of kickboxing, improve muscle tone and cardiovascular fitness, and burn fat!

**FLEXIBILITY TRAINING:** This 30 minute class involves total body stretching. It will tone, firm, and elongate one's muscles while increasing flexibility, strength, and endurance. Flexibility is a major component of total fitness and wellness, why not spend 30 minutes of your workout improving it?!

**INTENSE INTERVAL:** This one hour class combines an energetic cardio class with strength training. You'll burn fat during the cardio interval and increase your metabolism with resistance training. Get a total body workout with this fast-paced class that is *anything* but boring!

**PIYO™:** This class combines the arts of yoga, Pilates, dance, and Tai Chi for a balanced, unique approach to the mind and body workout. This creative 45 minute class delivers results! Perfect for all fitness levels, PiYo™ is a fusion of flowing movement designed to make you strong, stretched and centered.

**RAM RPM:** This class is cardio at its best! If you're ready for the challenge, join us for 45 minutes of intense indoor cycling. The instructor will take you through a series of multi-intensity positions on the bike from strength intervals, uphill climbs, and sprints. Towels and water bottles are a must for this class. Be prepared to sweat like you've never sweat before! **\* Show up 15 minutes early to reserve a bike, there are only 15 spots!**

**RESISTANCE TRAINING:** This is a class developed purely for full body toning with resistance tubing...build strength and tone all of your major muscle groups to create sleek definition! Resistance tubing is incredibly versatile and is combined with the use of stability balls, weights, and body bars for a fully-loaded total body sculpting class- tone up your physique and add variety to your workouts!

**RHODY ROPE:** Jump ropes aren't just for boxers and school kids anymore...this INTENSE workout will tone, burn, and have you laughing out loud at the same time! Specialized speed ropes are provided for this rowdy, interactive, calorie-crunching class...just make sure you bring a towel, and a fun-loving attitude!

**STEP:** Still as popular as ever! This class is a choreographed aerobic workout on an aerobics step. If you enjoy learning choreography, working up a sweat, and forgetting that you're working out because you're having too much fun- this class was made for you. No experience necessary, just show up ready to learn and burn!

**STEP & UPPER CUTS:** All the cardio benefits of step aerobics followed by a complete upper body toning workout!

**STEP & ROCK BOTTOM:** Take a 30 minute step aerobics class, and then add a lower body strength routine to really rev up your workout!