# UMF FRC Fall Group Fitness Schedule

## August 29 - October 15, 2022

### No classes: Sept. 5; Oct. 10, 11, & 12

**Contact Mike Colella, michael.colella@maine.edu, with any questions or concerns, or call 207-778-7495.**

| Court 3 | Pool |
|---|---|

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sun |
|---|---|---|---|---|---|---|---|
| 7:15am | | | | Yoga Flow Michaela | | | |
| | | | | | | | |
| 7:30am | HT Water Sammy | | | | HT Water Mike | | |
| | | | | | | | |
| 8:45am | | Step Aerobics (9/6) Karen | | Strength & Balance Mike | | | |
| 9:30am | | | | | | Yoga Flow Michaela | |
| 10:30am | Aqua Zumba (9/26) Karen | Water HIIT Mike | | | Water HIIT Mike | | |
| 12:00pm | Guts and Butts Mike | | | | | | |
| 4:00pm | | | | Cardio Dance Kevin | | | |
| 5:15pm | | | Water HIIT Sammy | | | | |
| 6:00pm | Cardio Dance Julia | | | | | | |
| 6:45pm | | Yoga Flow at Commuter Lounge (Student Center) Michaela | | | | | |

| Class Name | Description | Challenge Level (1-5) |
|---|---|---|
| **Aqua Zumba** | Combines the South American Zumba rhythm and dance steps, while being in the pool and moving in all different ways! This class offers a challenging, yet fun and rewarding body-toning workout! | 2-3 |
| **Cardio Dance** | Enjoy a workout routine mashed with great music and routines to learn! | 2-3 |
| **Guts and Butts** | This class focuses on core and legs and involves the use of DBs, resistance bands, bosu balls, etc. | 1-3 |
| **HT Water** | Geared towards the active older adult but appropriate for anyone, this class provides a complete workout – cardio, strength, and flexibility. | 1-3 |
| **Hot Yoga** | Join us on the pool deck for a yoga flow session surely to make you sweat out those toxins! | 1-3 |
| **Step Aerobics** | Moderate to high intensity, low impact cardio based class that burns a bunch of calories! Lots of fun with great music to help get you in the zone! | 2-4 |
| **Strength & Balance** | Geared towards the older active adult, however anyone is welcome! | 1-3 |
| **Water HIIT** | This class is designed to be a little more challenging but that is the great thing about water – every exercise can be modified! | 2-4 |
| **Yoga & Balance** | A yoga class for everyone Yoga Balance will incorporate mostly standing poses or utilize the use of a chair for seated poses to improve flexibility and balance through both dynamic movements and static poses. Moderate to high intensity, low impact cardio based class that burns a bunch of calories! Lots of fun with great music to help get you in the zone! | 1-2 |
| **Yoga Flow** | A traditional approach to guided yoga sequence. . A mat is all you need! All fitness and experience levels are welcome, modifications offered as needed. | 1-2 |