

THE UNIVERSITY OF RHODE ISLAND

DEPARTMENT OF RECREATIONAL SERVICES

Fitness & Wellness



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Fitness & Wellness

Fitness and Wellness is dedicated to providing quality programs directed at promoting health and fitness opportunities for the University community. Our core offerings are all encompassing and are designed to help improve cardiovascular fitness, muscle strength, endurance and flexibility as well as focus on the seven dimensions of wellness: spiritual, environmental, occupational, emotional, intellectual, social and physical. We want to help you to establish a more balanced life by motivating you to achieve all your fitness and wellness goals through education, coaching and physical training. All programs are offered throughout the academic year.

Cardio Center: A 5,000 sq. ft. facility which offers top of the line cardiovascular equipment including 8 Precor treadmills, 14 Precor ellipticals, 4 adaptive motion trainers, 5 ARC trainers, 18 recumbent/upright bikes, 4 Concept II rowers and 2 stairmasters. There is a large open area with mats for stretching, ab workouts and functional training. This space provides equipment such as the Ab Coaster, Hammer Strength chin/dip, medicine balls, kettle bells, foam rollers and stability balls.

Weight Room: The Weight Room is a 3,800 sq. ft. space featuring Cybex strength training circuit, Urethane dumbbells ranging from 5lbs to 150lbs, a power cage, squat rack, multi-rack, bench press stations, cable station & smith machine. Plates range from (iron & rubber) (2.5 – 100lbs) for your workout and various bars and attachments. New pieces include a Hammer Strength Chest/Back & Glute-Ham Developer.

Fitness Center Hours:	Monday - Thursday:	6:45 a.m. - 9:30 p.m.
	Friday:	6:45 a.m. - 7:30 p.m.
	Saturday:	11:00 a.m. - 4:00 p.m.
	Sunday:	1:00 p.m. - 7:30 p.m.

Exercise orientations are free to all students and Rec Pass members. A Fitness staff member will provide you with an introduction to the equipment in the Mackal Cardio Center and Weight Room.

Making healthy choices is an integral part of your college experience!

Personal Training:	URI Students:	Rec Pass Members:	Non-Member Fees: (URI Affiliated)
Through a tailored exercise program, our certified personal trainers can help you meet your fitness goals one-on-one for an hour.			
1 Appointment:	\$28	\$35	\$50
4 Appointments:	\$80	\$100	\$150
10 Appointments:	\$160	\$185	\$280
15 Appointments:	\$240	\$260	\$400

Body Fat Assessment:	URI Students & Rec Pass Members:	Non-Member Fees: (URI Affiliated)
A skin fold measurement that can estimate the percent of fat tissue your body consists of in comparison to the lean mass.		
1 Session:	\$10	\$15

Fitness Assessment:	URI Students & Rec Pass Members:	Non-Member Fees: (URI Affiliated)
Great way to establish a baseline measurement for an individual interested in beginning a program or identify strengths and weaknesses in an already conditioned individual who is looking to bring their fitness to the next level.		
1 Session:	\$40	\$60

Group Exercise Program:

- Classes include Yoga, Spin, Beach Body Bootcamp, Turbo Kick, Step, Zumba & more!
- Seven days a week of a variety of exercise classes designed to help you exercise in an energizing, safe and challenging environment.
- Taught by nationally certified instructors.
- See a full class schedule on our website at uri.edu/recservices or pick-up a schedule at the Rec Service Center in Mackal.

Fall 2011:	FREE WEEK:	September 12 - 17th (Revised Schedule)
	SESSION 1:	September 18th - October 29th
	FREE WEEK:	October 30th - November 5th (Revised Schedule)
	SESSION 2:	November 6th - December 16th
	FREE WEEK:	December 19th - 22nd (Revised Schedule)

Winter Intercession Spin:	January 4th – 20th (8 classes) M / W / F 12:30 - 1:30 p.m.
	Members: \$20 Non-Members: \$30

Spring 2012:	FREE WEEK:	January 23rd - 28th (Revised Schedule)
	SESSION 1:	January 29th - March 9th
	FREE WEEK:	March 19th - 24th (Revised Schedule)
	SESSION 2:	March 25th - May 4th
	FREE WEEK:	May 7th - 11th (Revised Schedule)

Summer Intercession Spin:	SESSION 1:	May 23rd - June 28th
	SESSION 2:	July 2nd - August 9th
	M - Th	12:30 - 1:30 p.m.
	Per Session:	Full Summer:
	Members: \$35 /	Members: \$45 /
	Non-Members: \$45	Non-Members: \$55

Pick Your Package:	URI Students & Rec Pass Members:		Non-Member Fees: (URI Affiliated)	
	Session	Semester	Session	Semester
Basic Package:	\$25	\$45	\$35	\$65
Premium Package:	\$40	\$75	\$55	\$105
Yoga Package:	\$35	\$60	\$50	\$85
A.M. Spin:	\$12	N/A	\$18	N/A
Class Pass:	\$5.00		N/A	

Please contact urigroupx@etal.uri.edu for more information.

Nutritional Coaching: Free to all URI Students

One-on-one advice from knowledgeable nutrition or dietetic students that will tackle topics including: proper portion size, my plate, eating in the dining halls & more. Please call 401/874-2822 for an appointment.

Exercise Coaching: Free to all URI Students

One-on-one advice from experienced kinesiology students that will discuss topics like frequency, duration, volume and intensity of exercise programs. Please call 401/874-2822 for an appointment.

Design a Class: A great way for a group to bond by being active and having fun. Pick a class from our selection of group exercise classes and have a personalized class for your group. Fees based on class type and size. Contact Coordinator for more information at fitwell@etal.uri.edu.

Workshops: A workshop can be designed to meet your group's interest in health, fitness or any of the seven dimensions of wellness. Contact Coordinator for more information at fitwell@etal.uri.edu.

Fall 2011 Programs:

Fall into Fitness: Mix up your routine and try some new classes ~ Free
 September 12th: Chair Dancing
 October 3rd: Jumping Jack-o-Lanterns *All classes meet at 7:30 p.m. in the Tootell Group Exercise Studio
 November 7th: Belly Dancing
 December 5th: Kettlebell Blast

Exercise Awareness Week: September 19th - 22nd (location & times TBA)
 9/19: Cardio Center Challenge 9/21: Memorial Union Informational Fair
 9/20: Powerlifting Presentation 9/22: Group Exercise Exposition

Work on ME: A series of free informational programs.
Live Healthy - Live Happy: (September 19th - 22nd)
 9/19: Active Expo - Mackal Cardio Center, 4 - 5 p.m.
 9/20: Active Expo - Mackal Weight Room, 5 - 6 p.m.
 9/21: Active Expo - Memorial Union, 3 - 5 p.m.
 9/22: Group Exercise Expo - Tootell Studio, 12 N - 4 p.m.
Meal Madness: 10/19: Healthy Eating Expo - URI M.U., 3 - 5 p.m.
 10/20: Open Forum - Memorial Union (Time TBA)
Wishing You Well: 11/13: Yoga class - Group Ex. Studio, 7 - 8:30 p.m.
 11/17: Mental Health Expo, Mackal, 2 - 4 p.m.
Success w/o Stress: 12/1: Stress Expo - Mackal, 2 - 4 p.m.

Diversity Week: What Shapes US? Tuesday, October 4th at 9:30 a.m.
 A popular statement is "You are what you eat." This presentation is about easy steps on how to shape a new, healthier, active you by tackling how, what and when you should eat! Location: Multi-Cultural Center

Powerlifting Meet: Tuesday, November 8th at 4:30 p.m.
 Bench, Squat & Deadlift, lift the most weight possible within your weight class.
Fee: URI Students \$15 / Rec Pass & Non-Members \$20
Registration: Sept. 11th - Oct. 31st in Mackal

PiYo™ Strength: Presented by Powder Blue Productions. Sat., November 12th
 These classes are designed to build strength & gain flexibility that is fun, challenging & will make you sweat! Register online for a workshop or certification class at: www.turbokick.com. Workshops are held in the Group Exercise Studio.
Instructor Training Class: 9:00 a.m. - 5:30 p.m.
Pro Training Class: 9:00 a.m. - 2:30 p.m.
Lesson 16 Workshop: 11:00 a.m. - 1:00 p.m.

Spring 2012 Programs:

Rec FIT Wars: Free Incentive Program: January 26th - March 9th
 Team up with our staff, set goals, workout & win prizes! Teams will have challenges, weigh-ins and there will be eliminations. The last FIT team standing, wins the war!

Push-Pull Competition: Tuesday, February 28th - Mackal, 6:00 p.m.
 Challenge yourself to a Bench and Deadlift, how many can you really do?
Fee: URI Students \$8 / Rec Pass & Non-Members \$15
Registration: Jan 23rd - Feb. 23rd in Mackal

Spring into Shape: Mix up your routine and try some new classes ~ Free
 February 6th: Sweetheart Sweats *All classes meet at 7:30 p.m. in the Tootell Group Exercise Studio
 March 5th: The Strides of March
 April 2nd: Groove and Tone

National Recreational Sports & Fitness Day: Wednesday, February 22nd
 Come defy the Obstacle Course. It's free, fun & you could win prizes!
 Location/Time: Mackal Cardio Center, 2-4pm

National Collegiate Health & Wellness Week: March 19th - 23rd
 Participate in a week of free incentive programs in Mackal which will help you get motivated, meet friends, stay active & be fit.
 3/19: Spin-a-thon 3/22: Fitness Challenge
 3/20: Blood Pressure & BMI 3/23: Body Fat Assessment
 3/21: Bench Press Competition (location & times TBA)

Rec Services Indoor Biathlon: Sunday, April 1st
 Test your times on a 500 yard swim in the TAC pool & 5K run in Mackal!
Fee: URI Students: \$15 / Rec Pass: \$20 / Non-Members: \$25
Registration begins: March 1st at the Rec Service Center

For more up-to-date information regarding all programs, please contact the Fitness & Wellness office at fitwell@etal.uri.edu or 401/874-2822, or visit our website at uri.edu/recservices

