




Spring into Shape

Kick it off with a Free Week

January 23rd - 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30 - 1:30 pm Spin to the Core	12:30 - 1:15 pm Ram Spin	12:30 - 1:30 pm Spin to the Core	12:30 - 1:15 pm Ram Spin	12:30 - 1:30 pm Ram Spin	12:30 - 1:30 pm Meg's Mix
	4:00 - 4:45 pm Ram Spin		4:00 - 4:45 pm Ram Spin		<p>Pick the package that is right for you! Register at the Mackal Rec Service Center beginning Wed. January 25, 2012. www.uri.edu/recservices fitwell@etal.uri.edu</p>
4:00 - 4:45 pm Turbokick	4:45 - 5:05 pm Abs Express	4:00 - 4:45 pm Step & Sculpt	4:45 - 5:05 pm Abs Express	4:00 - 4:45 pm Cardio Ab Fusion	
5:00 - 5:45 pm Powerhouse	5:15 - 6:00 pm Hard Bodies	5:00 - 5:45 pm Beach Body Bootcamp	5:15 - 6:00 pm PiYo Strength	5:00 - 5:45 pm Spring Break Sculpt	
6:00 - 6:45 pm Zumba	6:00 - 6:45 pm Kick and Sculpt	6:00 - 6:45 pm Cardio Kick	6:00 - 6:45 pm Zumba		
7:00 - 8:15 pm Yoga	7:00 - 8:15pm Yoga				



****All classes are held in the Tootell Group Exercise Studio.**

****Please arrive 15 minutes early with a water bottle, towel and Student ID!**

