





SPRING 2012 MACKAL GROUP EXERCISE PROGRAM SCHEDULE

Premium package holders will have first priority for class participation when you arrive 15 minutes prior to class!!!

All classes are held in the Tootell Group Exercise Studio. Please arrive 15 minutes early with a water bottle, towel and Student ID!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Instructors are Nationally Certified!	7:00 - 7:45 am A.M. SPIN Kathleen		7:00 - 7:45 am A.M. SPIN Mary			
	12:30 - 1:30 pm Spin to the Core Meaghan	12:30 - 1:15 pm Ram Spin Kathleen	12:30 - 1:30 pm Spin to the Core Jean	12:30 - 1:15 pm Ram Spin Mary	12:30 - 1:30 pm Ram Spin Lisa	12:30 - 1:30 pm Meg's Mix Meaghan
		4:00 - 4:45 pm Ram Spin Meaghan		4:00 - 4:45 pm Ram Spin Leticia		
	4:00 - 4:45 pm Turbokick Amy	4:45 - 5:05 pm Abs Express Sami	4:00 - 4:45 pm Step & Sculpt Kathleen	4:45 - 5:05 pm Abs Express Jean	4:00 - 4:45 pm Cardio Ab Fusion Jackie S.	
5:15 - 6:00 pm Spring Break Sculpt Jean	5:00 - 5:45 pm Powerhouse Courtney	5:15 - 6:00 pm Hard Bodies Sam D.	5:00 - 5:45 pm Beach Body Bootcamp Lisa	5:15 - 6:00 pm PiYo Strength Leticia	5:00 - 5:45 pm Spring Break Sculpt Jackie S.	
6:00 - 6:45 pm Zumba Meredith	6:00 - 6:45 pm Zumba Courtney	6:00 - 6:45 pm Kick and Sculpt Christine	6:00 - 6:45 pm Cardio Kick Nick	6:00 - 6:45 pm Zumba Amy		
	7:00 - 8:15 pm Yoga A Courtney	7:00 - 8:15pm Yoga B Courtney	7:00 - 8:15 pm Yoga A Courtney	7:00 - 8:15 Yoga B Beth		

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

Session 1: Jan 29th – Mar 9th // **Schedule Revisions:** Feb 5th, Feb 19th, Feb 20th, and Mar 9th. Check Rec Services website for more info!

Pick Your Package	6 week Session	Starting Jan 29 – March 9	12 week Session	Starting Jan 29 – May 4
	Student/Rec Pass Member	Non-Member (URI Affiliated)	Student/Rec Pass Member	Non-Member (URI Affiliated)
A.M. SPIN	\$12	\$18	\$18	\$34
GROUP EXERCISE PACKAGE: All Classes in Yellow and A.M. Spin	\$30	\$40	\$50	\$70
YOGA A: Monday and Wednesday Yoga Classes Only	\$35	\$50	\$60	\$85
YOGA B: Tuesday and Thursday Yoga Classes Only	\$35	\$50	\$60	\$85
YOGA A & B: Includes all Yoga Classes	\$60	\$90	\$100	\$150
Class Pass (does not include yoga)	\$5	N/A	\$5	N/A