



Finley Recreation Center

Group Exercise Class Descriptions

Spring 2011

Classes are FREE for UNE students, faculty, and staff



BOOT CAMP

This strength and conditioning program uses functional and athletic movements. BOOT CAMP is a demanding workout designed to tax your individual capacities instructed with a no nonsense style.

SPINNING

The music will beg your legs to pedal through this exhilarating indoor cycling experience. There are no complicated moves to learn, so coordination is no issue. All levels are welcome! First timers, please arrive early before first class for bike set-up instructions. Bring a water bottle and towel and enjoy the ride! Bikes are limited so first come first serve.

YOGA

This total mind/body workout improves functional strength, flexibility, and muscular balance. You will improve your balance and core strength with a variety of yoga poses. Multi-level options make it suitable for all fitness levels.

ZUMBA

This workout is an easy to follow fusion of Latin rhythms and cardiovascular exercise. Zumba can help you shimmy away the pounds! Come join the fun!

