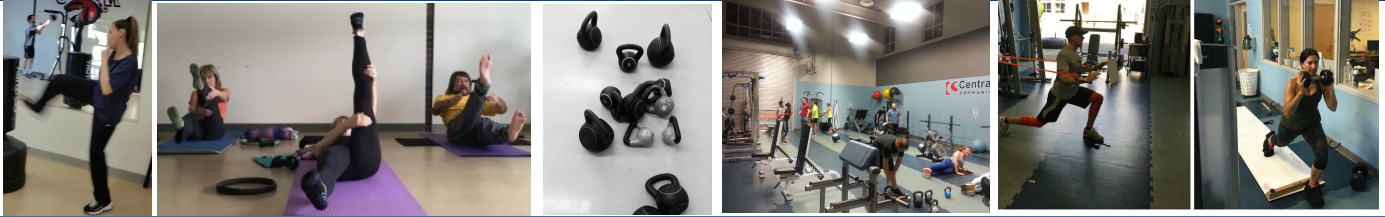


MUSTANGS

FITNESS CENTER



GROUP EXERCISE CLASSES

In & Out Conditioning

Emphasizes health inside and out.

Classes designed to be different and at this same time challenging while allowing you to work at your own level. It is an interval class that mixes calisthenics, body weight exercises, cardio and strength training and health education. Geared for ages 45 and over.

Friday's
8:00 - 9:00

Boot Camp

An interval class that mixes calisthenics, body weight exercises, cardio and strength training.

Classes are designed to be engaging and different yet you can work at your own level. A safe motivating exercise environment with exercise progression to fit all fitness levels and abilities.

Monday and Wednesday
5:30 - 6:30 pm

Zumba:

A dance fitness class for almost anyone. Come work on your aerobic fitness. Great music and fun while doing a high-energy workout. What you can expect: calorie burn, total body toning, stress release, and improved body awareness.

Tuesday & Thursday
Time: 6pm—7pm

Martial Mania:

A martial arts based group fitness class that focuses on upper and lower body as well as cardiovascular conditioning in a circuit routine that works on speed, power, agility, and balance. Class includes kicking, punching, speed bag work, heavy bag work, and body weight exercises while working at several stations in short intervals with short recovery between rounds.

Wrap up is a cool down that includes gentle stretching.

Tuesday and Thursday
5:00 - 6:00 pm

Piloxing:

A unique blend of Dance, Pilates and Boxing. Focus on core and balance through heart-pumping, powerful boxing combinations, to sculpt, lengthen and strengthen muscles.

Improve balance and posture. Class is done barefoot, with yoga socks or with sneakers. You can use weighted gloves or not. Class begins with a warm up, a high energy interval work out and then a cool down. Kirk Hall; Room 120

Saturdays
8:30 am

All classes are
in Kirk Hall Room 120.
To reach us call:

207-755-5165

SPECIALTY PROGRAMMING

Indoor Cycling Class: (*)

Aproximately 45-50 minutes of cardio- working to heart rates and perceived exertion. Stretching is done after class. Class members do strength training before class.

Monday/Wednesday at 6:00 a.m
Tuesday/Thursday at 6:00 a.m.

Class is \$80.00 per month

Tri Group (*)

A 90 minute work out geared toward readying the participant for a triathlon. - Please request more information if interested.

If the community college is closed or delays opening, we will also be closed or will delay opening.

Mustang Fitness Fees

Initial Annual Membership: \$150.00
(includes an eval; 3 training sessions; 1 punch pass);

Annual Membership: \$150.00
MEMBERSHIP FREE TO CURRENT STUDENTS AND FACULTY

Group Ex Punch Pass: \$50.00 for ten classes ; \$5.00 per class drop in fee.

Group Ex Gold Card: \$45.00/mo. unlimited classes

Spin Classes/Tri Group - \$80.00 per month.

All group exercise classes, except those with an * are free to students.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Tri-Group** (5:45am-7am)	
Spin* (6am-6:50am)	Spin* (6am-6:50am)	Spin* (6am-6:50am)	Spin* (6am-6:50am)		
				In&Our Conditioning 8:00 - 9:00	Piloxing 9:00 - 10:00
	Yoga & Pilates 10:00- 11:00		Yoga & Pilates 10:00- 11:00		
Bootcamp (5:30 pm-6:30pm)		Bootcamp (5:30 pm-6:30pm)			
Tri-Group** (5:45pm-7pm)	Martial Arts Mania 5:00 - 6:00	Tri-Group** (5:45pm-7pm)	Martial Arts Mania 5:00 - 6:00		
	Zumba (6pm-7pm)		Zumba (6pm-7pm)		

