



GROUP EXERCISE CLASSES

In & Out Conditioning

Emphasizes health inside and out. Designed to be different while challenging while working at individual levels. An interval class that mixes calisthenics, body weight exercises, cardio, strength training and health education. Geared for ages 45 and over.

Boot Camp

Interval class that mixes calisthenics, body weight exercises, cardio and strength training. Designed to be engaging and different while working at individual levels. Motivating exercise environment with exercise progression to fit all fitness levels and abilities.

Zumba®:

Dance fitness class for all levels. Great music and fun while doing a high-energy aerobic workout with: calorie burn, total body toning, stress release, and improved body awareness.

Zumba® Toning:

Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Piloxing®:

Unique blend of Dance, Pilates and Boxing - 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; weighted gloves or not.

Strong by Zumba®

Group class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Martial Arts Fitness: Martial arts based group fitness class focuses on upper and lower body as well as cardiovascular conditioning in a circuit routine that works on speed, power, agility, and balance. Includes kicking, punching, speed bag work, heavy bag work, and body weight exercises in short intervals. Includes cool down and stretching.

SPECIALTY PROGRAMMING

Indoor Cycling Class: (*)

Approximately 45-50 minutes of cardio-working to heart rates and perceived exertion. Stretching is done after class. Class members do strength training as part of class. **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. **Class is \$80.00 per month**

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

Closed Labor Day, Thanksgiving and the day after, Christmas, New Years, 4th of July, Memorial Day.

**All classes on this page are in Kirk Hall Room 120 or in the Mustang Fitness Center at Central Maine Community College. For more information please call
207-755-5165.**

MMF Fees for CM Community College

Fitness Friends at CM Gym Membership: \$150.00 (includes eval; 2 PT sessions; 1 punch pass)

Fitness Friends at CM Annual Membership: \$150.00 (MEMBERSHIP FREE TO CURRENT STUDENTS AND STAFF.)

Group Ex Punch Pass: \$45.00 for 10 classes ; \$5.00 per class drop in fee.

Group Ex Gold Card: \$60.00/mo. unlimited classes for month.

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

Resting Metabolism testing \$25

Performance Testing Vo2/Lactate-\$100

Personal Training

(Requires Gym Membership)

Student \$12.50/half hour

10 session package \$112.50

Certified Trainer \$25.00/half hour

10 session package \$225.00

Central Maine Community College

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 5:45a - 6:50a			Spin 5:45 a - 6:50a	Tri Group 5:45-7:15p	Strong 8a-9a
					Piloxing 9a-10a
	In&Out 8a-9a		In&Out 8a-9a		
Tri Group 5:05p-7:15p	Boot Camp 5:05p-5:55p	Tri Group 5:05p-7:15p	Martial Arts Fitness 5:05p-5:55p		
Zumba 6p-7p	Piloxing 6p-7p	Strong 6p-7p	Zumba Toning 6p-7p		
		Zumba 7p-8p			

Bates College

Monday	Wednesday	Friday
Organized Walk/Jog 6:05a-7:00		
	MMF Running Club 6:05 a- 7:00 a	
Open Walk/Jog 6:05 a-9a		
Lap Swim 7:30-9:00 a		
Aqua Fitness 7:30a -8:30a		
Indoor Tennis 6:05a-9a (Court 1)		
Indoor Tennis 6:05a-8a (Court 2)		
Lap Swim 1 p-2p		