<table>
<thead>
<tr>
<th>Time</th>
<th>Section</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00-12:30</td>
<td>315</td>
<td>Natalie</td>
<td>215</td>
</tr>
<tr>
<td>12:30-1:30</td>
<td>215</td>
<td>Marissa</td>
<td>215</td>
</tr>
<tr>
<td>1:30-2:00</td>
<td>215</td>
<td>Emily</td>
<td>215</td>
</tr>
<tr>
<td>2:00-2:30</td>
<td>215</td>
<td>Bethany</td>
<td>215</td>
</tr>
<tr>
<td>2:30-3:00</td>
<td>215</td>
<td>Bizzy</td>
<td>215</td>
</tr>
<tr>
<td>3:00-3:30</td>
<td>215</td>
<td>Emily</td>
<td>215</td>
</tr>
<tr>
<td>3:30-4:00</td>
<td>215</td>
<td>Bethany</td>
<td>215</td>
</tr>
<tr>
<td>4:00-4:30</td>
<td>215</td>
<td>Emily</td>
<td>215</td>
</tr>
</tbody>
</table>

Class descriptions available @ www.umass.edu/campusrec
Schedule subject to change without notice
Schedule is subject to change without notice.
On occasion, classes may be subbed by a different instructor. The class format may be modified.
We hope you stay and enjoy the class!
See website for updated schedule. www.umass.edu/campusrec

Cell phone use is not permitted in group fitness classes.
Appropriate athletic attire and footwear is required at all times.
Arrive 15 minutes before the start of class to get checked in and get any equipment.
Classes start on time. Participants will not be permitted to enter class once the door is closed.

**Group fitness classes on IMLeagues**
Monday-Friday classes that start at or after 12pm require online registration through IMLeagues.
Online registration is not required for weekend classes.
To register for classes, participants need to have an IMLeagues account. To create an account:

- Go to www.IMLeagues.com/UMass and click **Create Account**.
- Enter your information. You must use your school email address @umass.edu or @dept.umass.edu.
- Click Submit.

**REC*IT FITNESS App**
Download the REC*IT Fitness app free from the App Store and register for classes using your mobile device.
Registering for classes through REC*IT Fitness is so easy and fast!

If you do not have a UMass email (associate, retiree, alumni), create an account by using your existing email and notify Assistant Director Jill Isabelle at jisabelle@umass.edu.
You will be sent a confirmation email. Click the link in the email to log in and activate your account.
You should be automatically joined to your school.
If not, you can search schools by clicking the "Schools" link and search for UMass Amherst.
Arrive 15 minutes before the class begins to get checked in to ensure that you won't lose your spot.
Waitlist participants will be checked in first-come, first-served to fill any open spots.

**TRX classes included with the recreation membership**
TRX suspension training is the original, best-in-class workout system that leverages gravity and body weight to perform exercises that build power and increase strength, flexibility, balance and mobility.

**Work with a personal trainer**
Visit member services for more information and to register.

**FREE nutrition advising in the Wellness Center**
Email umasswellnesscenter@gmail.com for an appointment.

**Have you checked out our Wellness Center and meditation corner?**

**Upcoming events & additional wellness programs - stay tuned!**
Meet the advisors and trainers - dates & times TBA

**Be Well UMass blog** - healthy living tips from Campus Recreation employees

"Like" UMass Campus Recreation on Facebook or follow on Twitter @UMass_campusrec