Campus Recreation’s quarterly publication designed for
the students, faculty, staff, and alumni of UMass Lowell.

This issue includes information for the following areas:

- Fitness and Wellness Programs
- Learn To Programs
- Facility Hours + Updates
- Outdoor and Bicycle Programs
- Intramural + Club Sports
- Summer Programs Preview
## SPRING 2019 GROUP FITNESS SCHEDULE

Classes run January 22 - May 3. Check website for current schedules.

### MONDAY
- **Kickbox** 12 - 12:45pm w/ Sabrina Studio 2
- **Spin** 5:30 - 6:20pm w/ Emily Studio 2
- **Corework** 6:30 - 7:20pm w/ Ally Studio 2
- **Ignite Strength** 6:30 - 7:20pm w/ Ally Studio 2

### TUESDAY
- **Yoga** 5:30 - 6:20pm w/ Kim Studio 2
- **Barre** 5 - 5:40pm w/ Diana Studio 1
- **Corework** 6:30 - 7:15pm w/ Poreah Studio 1
- **Ignite Strength** 6:30 - 7:20pm w/ Julianne Studio 2

### WEDNESDAY
- **Spin** 5:30 - 6:20pm w/ Catherine Studio 2
- **Zumba** 5:45 - 6:30pm w/ Diana Studio 2
- **Spin** 5:30 - 6:20pm w/ Catherine Studio 2
- **Spin** 5:30 - 6:20pm w/ Erica Studio 2

### THURSDAY
- **Yoga** 6:30 - 7:30pm w/ Kim Studio 1
- **Abs, Butt, Core** 12 - 12:45pm w/ Victoria Room 154
- **Ignite Strength** 12 - 12:45pm w/ Rebecca Studio 2

### FRIDAY
- **Abs, Butt, Core** 12 - 12:45pm w/ Diana Studio 1
- **Kickbox** 12 - 12:45pm w/ Sabrina Studio 1
- **Ignite Strength** 12 - 12:45pm w/ Rebecca Studio 2

### RIVERVIEW

### MONDAY
- **Yoga** 6:30 - 7:30pm w/ Kim Room 154
- **Yoga** 6:30 - 7:30pm w/ Victoria Room 154
- **Zumba** 6 - 7pm w/ Betsy Room 154

### TUESDAY
- **Spin** 6 - 6:30pm w/ Emily Studio 2
- **Spin** 5:30 - 6:20pm w/ Victoria Studio 1
- **Ignite Strength** 6:30 - 7:30pm w/ Diana Studio 1

### WEDNESDAY
- **Zumba** 5:30 - 6:20pm w/ Victoria Studio 1
- **Spin** 6:30 - 7:30pm w/ Betsy Studio 2
- **Yoga** 6 - 6:30pm w/ Diana Studio 1

### THURSDAY
- **Spin** 5:30 - 6:20pm w/ Diana Studio 1
- **Corework** 6 - 6:30pm w/ Diana Studio 1
- **Yoga** 6 - 6:30pm w/ Diana Studio 2

### FRIDAY
- **KICKBOX** 6 - 6:50pm w/ Sabrina Studio 1
- **Corework** 6 - 6:50pm w/ Sabrina Studio 1
- **Ignite Strength** 6:30 - 7:30pm w/ Victoria Studio 1

Note: There will be no classes on holidays when the university closes.

### BRING UCARD TO GFIT CLASSES!

Make sure to bring your UCARD to our group fitness classes to sign in and fill out the online waiver on the iPad. **NOTE:** You can also type in your student/staff ID number if you forget your UCARD!

### ATRIUM REDESIGN

Our Atrium renovation has been completed! You will notice our new welcome desk, optical-style turnstiles, new flooring throughout the Atrium, and additional fitness space at the front of the facility. View important updates on twitter @umlcampusrec.

### LOCKER ROOM IMPROVEMENTS

Both CRC locker rooms had a new epoxy floor installed over winter break. A new sauna unit was also installed inside the women’s locker room.

### RIVerview FITNESS CENTER - OPEN TO CRC MEMBERS!

Our Riverview Fitness Center (RFC) is now open to all CRC members who purchase a membership! The RFC is already open to all students, faculty, and staff. CRC paid members will have access to the Broadway parking lot on South Campus. To get into the RFC from this lot members will have card access to the bridge that leads over the train tracks and exits right outside of the RFC. Questions? call us at 978-934-6476.

RFC will now open at 6am weekdays and 8am on weekends! Semester hours include:

- **Monday - Thursday:** 6am - 10pm
- **Friday:** 6am - 8pm
- **Saturday:** 8am - 8pm
- **Sunday:** 8am - 10pm

FMI on Campus Recreation
Visit: uml.edu/campusrec
Peter_Murray@uml.edu | 978.934.2327
**CPR CLASSES**

We offer American Red Cross CPR classes for the Lay Responder each semester.

**Dates:** Saturday, Mar. 2 or Apr. 6, 10am - 2pm @ CRC
**Registration Fees:** $85/person (includes CPR/AED & First Aid). Register @uml.edu/learnto

**BALLROOM DANCE LESSONS**

Our Ballroom Dance Club teaches beginner ballroom dance lessons each semester inside the Campus Recreation Center. Lessons run for 8 weeks each session.

**Dates:** Thursdays, Feb. 7 - Apr. 4, 7:30-8:30pm in CRC Studio 1, no class on Mar. 14.
**Registration Fees:** $25/student, $40/faculty or staff, $55/community member

**MASSAGE THERAPY**

We offer chair and table massages inside the CRC on the 2nd floor! For availability visit our website at: www.uml.edu/massage. Rates are as follows:

<table>
<thead>
<tr>
<th></th>
<th>Student/Non Student</th>
<th>Student/Non Student</th>
<th>Student/Non Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair Massage</td>
<td>$20 / $20</td>
<td>$30 / $35</td>
<td>--</td>
</tr>
<tr>
<td>Table Massage</td>
<td>--</td>
<td>$40 / $45</td>
<td>$75 / $90</td>
</tr>
</tbody>
</table>

**PERSONAL TRAINING**

Sign up with one of our personal trainers and start working towards a better you in 2019! We offer fitness assessments as well as individual and partner packages. An initial package includes a fitness assessment, goal setting and an individualized workout program over 5 sessions. Additional session rates are as follows:

<table>
<thead>
<tr>
<th></th>
<th>Student/Non Student</th>
<th>Student/Non Student</th>
<th>Student/Non Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$20 / $40</td>
<td>$90 / $180</td>
<td>$180 / $360</td>
</tr>
<tr>
<td>Partner</td>
<td>$15 / $30</td>
<td>$70 / $135</td>
<td>$135 / $270</td>
</tr>
</tbody>
</table>

**WOMEN CRUSH WEIGHTS**

This 5-week program is designed to help women gain confidence and knowledge with resistance-based training. Program includes a 5-week weight lifting program that can be completed with our personal trainers or your own time. We will provide demonstration videos and nutritional advice.

**Dates:** Wed., 5:30-6:30pm, Feb. 6 - Mar. 6 @CRC & RFC (check website)
**Registration Fees:** $20/student, $40/faculty, staff, or CRC member

**YOGA RETREAT**

Join us for a day of healthy movement and relaxation. Plan to move, breathe, journal, meditate, stretch and relax. This is the perfect day to help kick off the spring semester. Retreat will include: Mindful grounding meditations, journaling, power flow yoga class with assists, mindful eating techniques, restorative yoga class with oils and assists, and gratitude and kindness meditation.

**Date:** Sat, Feb. 2, 10am-2pm @ CRC Studio 1
**Registration Fees:** $10/student, $20/faculty, staff, or CRC Member

**START STRONG**

This 5-week program is designed to help you start your year off feeling strong! You will learn nutrition/mental health strategies to help reduce stress, be taught proper weightlifting technique and understand the basics of a fitness program. Fitness staff will provide workouts & weekly challenges. Any participant that finishes the program and attends all the sessions will receive UML Campus Recreation fitness apparel!

**Dates:** Tues, 5:30-6:30pm, Feb. 5 - Mar. 5 @ CRC
**Registration Fees:** $30/student, $50/faculty, staff, or CRC member

FMI on Fitness Programs
Visit: uml.edu/fitness
Diana_Dellogono@uml.edu | 978.934.6475

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**FITNESS & WELLNESS**

**FMI on Fitness Programs**
Visit: uml.edu/fitness
Diana_Dellogono@uml.edu | 978.934.6475
SPRING 2019 TRIP CALENDAR

<table>
<thead>
<tr>
<th>TRIP</th>
<th>DATE(S)</th>
<th>LOCATION</th>
<th>PRICE (STUDENT / GUEST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belknap Winter Hiking Skills</td>
<td>Feb. 9</td>
<td>Alton, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Ice Climbing</td>
<td>Feb. 10</td>
<td>North Conway, NH</td>
<td>$65 / $125</td>
</tr>
<tr>
<td>Indoor Rock Climbing</td>
<td>Feb. 12</td>
<td>Stoneham, MA</td>
<td>$10 / $20</td>
</tr>
<tr>
<td>Mt. Monadnock Winter Hiking Skills</td>
<td>Feb. 23</td>
<td>Jaffrey, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>Feb. 24</td>
<td>Windblown, NH</td>
<td>$40 / $85</td>
</tr>
<tr>
<td>Women’s Indoor Rock Climbing</td>
<td>Feb. 26</td>
<td>Stoneham, MA</td>
<td>$10 / $20</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>Mar. 23</td>
<td>Jackson, NH</td>
<td>$40 / $85</td>
</tr>
<tr>
<td>Women’s Day Hike</td>
<td>Mar. 24</td>
<td>Princeton, MA</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Indoor Rock Climbing</td>
<td>Mar. 26</td>
<td>Stoneham, MA</td>
<td>$10 / $20</td>
</tr>
<tr>
<td>Mt. Moosilauke Winter Hike</td>
<td>Mar. 30</td>
<td>Lincoln, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Bike Ride</td>
<td>Apr. 6</td>
<td>Lowell, MA</td>
<td>$10 or Free w/own bike</td>
</tr>
<tr>
<td>Outdoor Rock Climbing</td>
<td>Apr. 13</td>
<td>Gloucester, MA</td>
<td>$15 / $45</td>
</tr>
<tr>
<td>Whitewater Rafting</td>
<td>Apr. 14</td>
<td>Lowell, MA</td>
<td>$65 / $89</td>
</tr>
<tr>
<td>Marathon Midnight Bike Ride</td>
<td>Apr. 14-15</td>
<td>Boston, MA</td>
<td>$15 or $5 w/own bike</td>
</tr>
<tr>
<td>Mt. Adams Day Hike</td>
<td>Apr. 20</td>
<td>Gorham, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Women’s Sunset Paddle</td>
<td>Apr. 26</td>
<td>Lowell, MA</td>
<td>$10 / $25</td>
</tr>
<tr>
<td>Skydiving</td>
<td>Apr. 27</td>
<td>Orange, MA</td>
<td>$195 / $245</td>
</tr>
<tr>
<td>Surfing</td>
<td>Apr. 28</td>
<td>Naragansett, RI</td>
<td>$30 / $50</td>
</tr>
</tbody>
</table>

FEATURED TRIPS AND PROGRAMS

<table>
<thead>
<tr>
<th>TRIP</th>
<th>DATES</th>
<th>LOCATION</th>
<th>PRICE (STUDENT / GUEST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilderness First Responder</td>
<td>Jan 12 - 19</td>
<td>CRC, Lowell, MA</td>
<td>$500 / $550</td>
</tr>
<tr>
<td>Spring Break</td>
<td>Mar. 8-17</td>
<td>Grand Canyon, AZ/UT</td>
<td>$750 / No Guests</td>
</tr>
</tbody>
</table>

SUMMER 2019 KAYAK CENTER

Our Kayak Center is located at 500 Pawtucket Blvd. at the UMass Lowell Bellegarde Boathouse. We offer kayak, canoe and stand up paddleboard rentals along with instructional programs, tours and events. The Kayak Center will open on June 1, 2019.

KAYAK CENTER HOURS

Monday - Friday: 3 - 8pm; Saturday - Sunday: 10am - 8pm

PROGRAMS + SERVICES

- Kayak, canoe, and stand-up paddle board rentals
- Kayak + stand-up paddle board instruction
- Kayak tours + events
- Boat sales (at end of each season)
- Custom group programs (call now to book for summer ’19!)
- UML program discounts ($5 off programs up to 3hrs / $20 off full day programs)

RENTAL RATES*

<table>
<thead>
<tr>
<th></th>
<th>UML / Public</th>
<th>UML / Public</th>
<th>UML / Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hourly</td>
<td>$10 / $15</td>
<td>$20 / $30</td>
<td>$30 / $45</td>
</tr>
<tr>
<td>Full-Day</td>
<td>$50 / $60</td>
<td>$100 / $120</td>
<td>$150 / $180</td>
</tr>
</tbody>
</table>

* We only accept credit cards (no AMEX). Check website for current prices.

SEASON + MONTHLY PASSES

These passes are a great bargain for people looking to spend a lot of time on the water! Individual pass benefits include single kayak or SUP for up to 4 hours/day ($10 guest fee applies for use of tandem kayak/Canoe).

<table>
<thead>
<tr>
<th></th>
<th>Monthly Pass</th>
<th>2 - Month Pass</th>
<th>Full Summer Pass</th>
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</thead>
<tbody>
<tr>
<td>Individual Pass</td>
<td>$90</td>
<td>$160</td>
<td>$195</td>
</tr>
<tr>
<td>Family Pass</td>
<td>$160</td>
<td>$300</td>
<td>$360</td>
</tr>
</tbody>
</table>

FMI on the Kayak Center
Visit: uml.edu/kayakcenter
KayakCenter@uml.edu | 978.934.1932

FMI on Outdoor Adventure
Visit: uml.edu/oap
Outdoor_Adventure@uml.edu | 978.934.6797
**RecKids Summer Camp 2019**

RecKids is a recreational day camp that is designed for children ages 6 - 12. Campers participate in activities such as swimming, arts and crafts, sports, fitness, kayaking, camp games/songs, field trips and themed days. *Parent Orientation will be held on Wednesday, June 26 at 6pm inside the Campus Recreation Center.*

**2019 Camp Sessions**

| Session 1: July 8 - 12  
| Session 2: July 15 - 19  
| Session 3: July 22 - 26  
| Session 4: July 29 - August 2  |

**Camp Hours**

- **Monday - Friday:** 8am - 4pm
- **Drop-off:** 7:30 - 8am
- **Pick-up:** 4 - 4:30pm
- **After-care:** 4:30-5:30pm ($50 fee)

**What You Can Expect**

- Camp T-Shirt  
- Positive learning environment  
- Themed days  
- Additional child discounts  
- After care  
- Structured lesson plans

**FMI on RecKids Summer Camp**

Visit: uml.edu/reckids  
Meghan_Jordan@uml.edu | 978.934.2393

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**Outdoor Center + Bike Shop**

Before Spring Break: Mon-Thu: 1-7pm; Fri: 12-7pm; Sat: 10am-6pm; Sun: Closed  
After Spring Break: Mon-Thu: 1-8pm; Fri: 12-8pm; Sat: 10am-6pm; Sun: Closed

**Spring 2019 Bicycle Programs**

Our programs are a great opportunity to learn new skills, meet new people, and support the campus cycling community. Open to all levels! Register @uml.edu/bike.

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DATE(S)</th>
<th>TIME(S)</th>
<th>LOCATION</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Basics Workshops</td>
<td>Mar. 27, Apr. 23</td>
<td>6-8pm</td>
<td>CRC</td>
<td>FREE</td>
</tr>
<tr>
<td>Learn to Ride a Bike</td>
<td>Apr. 2</td>
<td>5-7pm</td>
<td>CRC</td>
<td>FREE</td>
</tr>
</tbody>
</table>

**Used Bike Drive**

Donate your old or unused adult bicycle to be refurbished and provided to a student in need at the cost of repairs. Drop off your bike at our Bike Shop during open hours through February 28. We can even pick up your bike if you live within 30 minutes of Lowell, just call us at 978-934-6797!

**Free Wheelers Bike Share**

Free daily bicycle rentals for students, faculty, and staff and you only need to register once! Check out a Free Wheeler, helmet, and lock for the day from any of our six checkout stations across campus. Semester rental option is $50, March 1 - May 3.

**Availability**

- **After Spring Break** (Mar. 18 or weather permitting):
  - CRC & RiverView FC:
    - Weekday Hours: 6:30AM - 7PM*  
    - Weekend Hours: 10AM - 4PM*  
  - *Libraries: 8am - 7pm (Fri. close @ 5pm)  
  - *U-Crossing: 8am-6:30pm  
  - * Bike Shop: 1-7pm (Fri. 12-7pm)

**Free Wheeler App**

@uml.edu/getafreewheeler

FMI on Bicycle Programs
Visit: uml.edu/bike  
Freewheelers@uml.edu | 978.934.6797

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*Image 76x72 to 477x234*

**SUMMER PROGRAMS PREVIEW**

**BICYCLE PROGRAMS**

**FREEWHEELER APP**

@uml.edu/getafreewheeler
SPRING 2019 INTRAMURAL SPORTS PROGRAMS

LEAGUE SPORTS: Register @ imleagues.com

- 5v5 Basketball: Register by Jan. 24
- 5v5 Unified Basketball: Register by Jan. 24
- 6v6 Broomball: Register by Jan. 24
- 6v6 Handball Register by Feb. 14
- 6v6 Volleyball: Register by Mar. 7

- 7v7 Outdoor Soccer: Register by Mar. 7
- 4v4 Flag Football: Register by Mar. 7
- 4v4 Powder Puff: Register by Mar. 7
- 10v10 Softball: Register by Mar. 7
- 5v5 Street Hockey: Register by Mar. 7

TOURNAMENTS: Register on-site

- 2v2 Badminton: Feb. 22, 3pm @ CRC
- March Madness: Mar. 28, 6pm @ CRC
- 2v2 Pickleball: Apr. 10, 6pm @ CRC

- 6v6 Ultimate Frisbee: Apr. 24, 6pm @ Campus Rec Complex
- 5K Road Race: Apr. 27, 11am Meet @ CRC
- Lawn Games: May 3, 3pm @ CRC

TOURNAMENTS: Play by date format

You can play!

Choose the right division for you! League sports are broken down into four divisions: A,B,C and a “just for fun” division. These divisions are based on your skill level with “A” division being the most competitive. There is no team fee for the “just for fun” league; teams in this division will receive a guaranteed amount of games, but there will be no playoffs.

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YOU CAN PLAY!

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FMI on Intramural Sports:
Visit: uml.edu/Intramurals or contact:
Johnathan_Luk@uml.edu | 978.934.2343

SPRING OUTDOOR PRACTICE SCHEDULE (WEATHER PERMITTING)

Field Hockey: W: 9:30-11pm @ Mahoney Gym; M/W: 8:30-10pm @ Blue Turf (North)
Track & Field: M/W: 8:30-9pm @ Blue Turf (North)
W. Lacrosse: SUN/W: 8:30-9pm @ Mahoney Gym; T/TH: 8:30-9pm @ Blue Turf (North)
M. Lacrosse: SUN: 6:30-8pm @ Mahoney Gym; T/W/SUN: 6-8pm @ Campus Rec Complex
M. Rugby: M: 8-9:30pm @ Mahoney Gym; T: 8-9:30pm, TH: 6-8pm @ Campus Rec Complex
W. Rugby: M: 8-9:30pm @ Mahoney Gym; M/W: 8-9:30pm @ Campus Rec Complex
Ultimate: SUN: 8-11pm, M/W: 9:30-11pm, & TH: 9-11pm @ Campus Rec Complex;
SUN: 8:30-11pm @ Mahoney Gym;

Cricket: M: 5-8pm @ Campus Rec Complex; T 9:30-11pm @ Mahoney Gym
M. Soccer: TH: 9-11pm @ Mahoney Gym; M/W: 9-11pm @ Campus Rec Complex
W. Soccer: T/TH: 8-9:30pm @ Green Turf (North)
Baseball: TH: 8:30-9:30pm @ Mahoney Gym
Softball: SUN: 5-6:30pm @ Mahoney Gym; T: 8-9:30pm @ Mahoney Gym
Tennis: SAT: 12-2pm @ Campus Rec Complex Tennis Courts

SPRING INDOOR PRACTICE SCHEDULE

Badminton: SUN: 1:30-4pm & F/SAT: 7-10pm @ CRC Gym Court 3
Cheer: SUN: 5-8pm & W: 6-9pm @ CRC Gym Court 3
M. Basketball: M: 5-8pm, T: 7-9pm & TH: 4-5:30pm @ CRC Gym Court 3
M. Volleyball: M: 8-11pm, TH: 5:30-8:30pm & F: 4:30-7pm @ CRC Gym Court 3
W. Volleyball: SUN: 8-10pm & TH: 8:30-10:45pm @ CRC Gym Court 3
W. Basketball: T/W: 9-11pm @ CRC Gym Court 3

Steppin’ in Unity: SUN: 4-6pm @ CRC Studio 1; W: 8-10:30pm @ CRC Studio 2
Breakers: M: 7:30-9:30pm & F: 7-9pm @ CRC Studio 1
Dance: T/W: 7:30-9:30pm @ CRC Studio 1; TH: 7:30-9:30pm @ CRC Studio 2
Ballroom Dance: W: 9-10:30pm & TH: 8-10pm @ CRC Studio 1;
SUN: 6:30-9:30pm & M: 7-9pm @ CRC Studio 2
Protohype: F: 3-5pm @ CRC Studio 1; T: 8-10pm @ RC 158
Brazilian Jiu Jitsu: M: 2-4pm @ RC 158
Swim: M: 8-9pm @ RC 158
Underwater Hockey: W: 8:30-10pm @ Costello Pool

FMI on Club Sports:
Visit: uml.edu/clubsports
Joseph_Pitti@uml.edu | 978.934.2308