



UMASS LOWELL
CAMPUS RECREATION

SPRING 2022 NEWSLETTER

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

This issue includes information in the following areas:

- Fitness & Wellness Programs
- Personal Training Programs
- Outdoor & Bicycle Shop
- Intramural Sports
- Club Sports
- Facility Hours & Updates

ONE-ON-ONE PERSONAL TRAINING

One-on-one personal training initial package

Training	Student Price	Faculty/Staff/ Member Price
Initial Package <i>5 Sessions</i>	\$50	\$100
Additional Sessions		
Single Session <i>2 week expiration</i>	\$20	\$40
5 Sessions <i>6 week expiration</i>	\$95	\$190
10 Sessions <i>3 month expiration</i>	\$180	\$360
Other Options		
Small Group Personal Training	\$25	\$50

Fitness training on your own (\$10 program)

You have the option of bodyweight only exercises, with dumbbells or resistance bands. Upon registration you will receive a survey letting us know what equipment you have and how many days/week you want to workout. Each program is 6 weeks long and comes with video demonstrations and / or written descriptions of each exercise.

Fitness training with support (\$35/ 6-week program)

This option gives you access to a trainer for 6 weeks. Upon registration we will pair you with one of our fitness staff to learn more about your goals, experience, and available equipment during a fitness consultation in person or via zoom. After consultation we will design a program customized to you. Each week we will check in through zoom, email, or quick in person meetings and make any adjustments needed to help to continue reaching your goals.



SPRING GROUP FITNESS SCHEDULE

Classes Start January 18th! For current schedules, visit our website!

Mon

Fuse

Gina

12pm – 12:45pm
Studio 2

Barre

Ciara

4:30pm – 5:15pm
Studio 1

Zumba

Julia

5:30pm – 6:15pm
Studio 1

IGNITE Str

Jessie

5:30pm – 6:15pm
Studio 2

Yoga

Hitesh

6:30pm – 7:15pm
Studio 1

Spin

Billy

6:30pm – 7:15pm
Studio 2

Tues



Spin

Angie

5:30pm – 6:25pm
Studio

Abs, Butt, Core

Courtney

5:45pm – 6:25pm
Studio 1

Upper IGNITE

Angie

6:30pm – 7:15pm
Studio 2

Zumba

Julia

6:30pm – 7:15pm
Studio 1

Wed

IGNITE Str

Meg

12pm – 12:45pm
Studio 2

Yoga

Elise

5:30pm – 6:15pm
Studio 1

Spin

Gina

5:45pm – 6:30pm
Studio 2

Barre

Isabella

6:30pm – 7:15pm
Studio 1

IGNITE Str

Kate

6:45pm – 7:30pm
Studio 2

Thurs



HIIT

Emily

5:30pm – 6:15pm
Studio 1

Spin

Courtney

5:45pm – 6:30pm
Studio 2

Lower Body Stretch & Release

Billy
6:20pm – 7:00pm
Studio 1

Spin

Jianna

6:45pm – 7:30pm
Studio 2

Fri

Spin

Kate

12pm – 12:45pm
Studio 2

HIIT

Sujit

4:30pm – 5:10pm
Studio 1

Spin (Theme Rides)

Rotating

5:15pm – 6:00pm
Studio 2

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



SPRING OUTDOOR ADVENTURE TRIP + EVENT CALENDAR

Trip	Dates	Location	Prices <i>UML/Guest</i>
Winter Hiking Skills	Jan 29 th	Belknap Range, NH	\$20 /-
Downhill Ski Day Trip	Feb 5 th	Pats Peak, Henniker, NH	\$100 /-
SOLO Wilderness First Aid	Feb 5 th – 6 th	UMass Lowell Campus Rec Center	\$150+ / \$180+
Sledding Series	Feb 11 th , 18 th , 25 th	Meet @ Campus Rec Center	\$5 /-
Cross Country Skiing	Feb 12 th	Jackson, NH	\$55 /-
Ice Climbing Day Trip	Feb 13 th	North Conway, NH	\$80 /-
Indoor Rock Climbing	Feb 17 th , Mar 3 rd , 17 th , 24 th , Apr 7 th	Central Rock Gym, Stoneham, MA	\$18 /-
Winter Hiking Skills	Feb 20 th	Mt. Monadnock, Jaffrey, NH	\$20 /-
Cross Country Skiing Day Trip	Feb 26 th	Great Brook State Park, Carlisle, MA	\$40 /-
Spring Break Trip	Mar 5 th –12 th	Appalachian Trail, NC	\$500 /-
Winter Hiking Skills	Mar 19 th	Lonesome Lake, Lincoln NH	\$20 /-
Winter Hiking Skills	Mar 26 th	Downes & Oliverian Trails, Kancamagus Hwy, NH	\$20 /-
SOLO Wilderness First Aid	Mar 26 th – 27 th	UMass Lowell Campus Rec Center	\$150+ / \$180+
Trail Running Series	Mar 28 th , Apr 11 th , 25 th	Lowell, MA	\$5 /-
Hiking Skills	Apr 11 nd	Mt Kearsarge, Wilmot, NH	\$20 /-
Rock Climbing & Crag Cleanup	Apr 3 rd	Den Rock, Lawrence, MA	\$20 /-
Bicycle Joy Ride	Apr 9 th	Freeman Rail Trail, Lowell	\$20 /-
Wellness Day Hike	Apr 10 th	Newburyport, MA	\$20 /-
Merrimack River Paddling	Apr 16 th	Lowell to Andover, MA	\$20 /-
Midnight Marathon Bike Ride	Apr 17 th –18 th	Hopkinton to Boston, MA	\$20 /-
Rock Climbing	Apr 23 rd	Red Rocks, Gloucester, MA	\$20 /-
Surfing Day Trip	Apr 24 th	Narrangansett, RI	\$40 /-
Get Outdoors Day	May 10 th	Lowell, MA	\$10



OUTDOOR CENTER & BIKE SHOP PROGRAMS

Hours

Starting Jan 17th

Mon – Fri:

1:00pm – 8:00pm

Sat:

10:00am – 6:00pm

Sundays, Holidays:

CLOSED

Spring Break:

CLOSED



Services:

Remember, keeping your bike clean and adjusted properly will help it last longer and perform optimally!

Every tune-up or service starts with a FREE Assessment.

Available Services:

Standard Bicycle Tune-Up

Annual Tune-Up

Complete Overhaul

DIY Stand Time

** Labor is 20% off with valid UMass Lowell ID.*

FREE WHEELERS BIKE SHARE PROGRAM

Register once and checkout a Free Wheeler, helmet, and lock for the day from any of our 6 checkout stations across campus. Free Wheelers rentals are currently closed for the winter due to weather and road conditions.

Daily rentals for Free Wheelers will reopen in the spring once the weather permits. Our Free Wheeler semester rental option will be \$50, March 1 - May 8.



FREEWHEELER APP
@UML.EDU/GETAFREEWHEELER

Visit: uml.edu/bike
freewheelers@uml.edu | 978.934.6797



SPRING INTRAMURAL SPORTS PROGRAMS

1st Half League Sports

Register by 1/20

5v5 Men's Basketball
5v5 Women's Basketball
5v5 Handball
5v5 Broomball
6v6 Dodgeball

2nd Half League Sports

Register by 3/17

6v6 Indoor Volleyball
7v7 Flag Football
7v7 Powderpuff Flag Football
10v10 Softball
6v6 Street Hockey

Register for all leagues sports @ imleagues.com

Tournaments

Wednesday nights @ 7pm

1/20 1v1 Ping Pong
2/2 2v2 Sports Trivia
2/9 2v2 Indoor Cornhole
2/16 4v4 Indoor Wiffle Ball
2/23 6v6 Dodgeball

3/16 March Madness
3/23 Bowling @ Wamesit Lanes
4/13 10v10 Outdoor Kickball
4/20 2v2 Spike Ball
4/27 2v2 Outdoor Cornhole

SIGN UP AT IMLEAGUES.COM

Choose the right division for you. League sports are broken down into A, B, and C divisions. Divisions are based on skill level with "A" division being the most competitive.

You can also sign up as a "Free Agent" and be placed on a team if you do not have enough people to create your own team.



SPRING CLUB SPORTS PROGRAMS

Club Sports are actively recruiting!



Club sports participate in practices and games and compete against other colleges and universities!

All experience levels are welcome if you're considering joining a club sport. Some teams have tryouts where experience is highly recommended others are open where no experience is required.

If you're interested in joining a team please feel free to reach out to Joseph_Pitti@uml.edu or to our teams' pages on social media!

Active Clubs:

- | | |
|---------------------|--------------------|
| Badminton | Men's Lacrosse |
| Ballroom Dance | Women's Lacrosse |
| Baseball | ProtoHype |
| Men's Basketball | Rowing |
| Women's Basketball | Men's Rugby |
| Billiards | Women's Rugby |
| Brazilian Jiu Jitsu | Ski & Snowboard |
| Breakers | Men's Soccer |
| Cheerleading | Women's Soccer |
| Cricket | Softball |
| Dance | Steppin' in Unity |
| Equestrian | Swimming & Diving |
| Field Hockey | Table Tennis |
| Folk Dance Club | Tennis |
| Golf | Track & Field |
| Ice Hawks | Ultimate Frisbee |
| Men's Ice Hockey | Underwater Hockey |
| Women's Ice Hockey | Men's Volleyball |
| Indoor Climbing | Women's Volleyball |





SPRING 2022 HOURS

CAMPUS RECREATION CENTER



Jan 18th–Apr 29th

Mon – Fri:

6:30am – 11:00pm

Sat – Sun:

10:00am – 10:00pm

President's Day

2/19: 10:00am – 4:00pm

2/20: 10:00am – 4:00pm

2/21: 12:00pm – 11:00pm

Spring Break

Mar 5th – Mar 12th:

Mon – Fri:

6:30am – 9:00pm

Sat – Sun:

10:00am – 4:00pm

March 13th:

10:00am – 10:00pm

Patriot's Day

4/16: 10:00am – 4:00pm

4/17: 10:00am – 4:00pm

4/18: 12:00pm – 11:00pm

Summer Hours (Apr 30th)

Mon – Fri:

6:30am – 9:00pm

Sat – Sun:

10:00am – 4:00pm



RIVERVIEW FITNESS CENTER

Jan 18th–Apr 29th

Mon – Fri:

6:30am – 10:00pm

Sat:

8:00am – 4:00pm

Sun:

8:00am – 8:00pm

President's Day

2/19: 10:00am – 4:00pm

2/20: 10:00am – 4:00pm

2/21: 12:00pm – 10:00pm

Spring Break

Mar 5th – Mar 12th:

CLOSED

March 13th:

12:00pm – 10:00pm

Patriot's Day

4/16: 10:00am – 4:00pm

4/17: 10:00am – 4:00pm

4/18: 12:00pm – 11:00pm

Summer Hours (Apr 30th)

Mon – Fri:

6:00am – 9:00pm

Sat – Sun:

10:00am – 4:00pm



CAMPUS RECREATION CENTER

322 Aiken Street

Lowell, MA 01854

978-934-5080



for more info & schedules, visit: UML.EDU/CAMPUSREC