



GET MOVING WITH REC WELL FITNESS

fitness.umd.edu | @UMDFitness | fitness@umd.edu

GROUP FITNESS
PERSONAL TRAINING
FUNCTIONAL TRAINING
CARDIO + WEIGHTS
FITNESS ASSESSMENTS

Active Terps Live Well

REC WELL FITNESS

A promotional graphic for Rec Well Fitness. It features a large blue-toned photograph of a person's legs and feet as they lift a barbell. Overlaid on the image is a grid of text in yellow and white. The top section lists service categories: GROUP FITNESS, PERSONAL TRAINING, FUNCTIONAL TRAINING, CARDIO + WEIGHTS, and FITNESS ASSESSMENTS. Below this is a slogan in cursive script: "Active Terps Live Well". In the bottom right corner is the Rec Well logo, which consists of the words "REC WELL" in a bold, sans-serif font inside a blue circle, with "FITNESS" in smaller letters to the right.

RECWELL FITNESS

Reach your fitness and wellness goals through group fitness classes, personal training, fitness assessments, and access to well-maintained weight rooms and fitness spaces staffed with trained employees.

FITNESS TERPS LIVE WELL!

- Be active to boost your mood, relieve stress, get better sleep, strengthen your immune system, and have more energy to do all the things you love to do.
- Get blood flowing to the brain to help you learn new material, think creatively, and solve problems. You'll feel more alert, focused, and motivated.
- Incorporate activity into your daily life as an integral part of living well—even short periods of movement are beneficial to your brain, body, and mood.



Whether you've never entered a gym or you've been working out for years, we can support you wherever you may be on your fitness journey.

FOR MORE INFORMATION:

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GROUP FITNESS

Get energized working out with other fitness Terps. Drop in to any of our 100+ group fitness classes and small group training classes that certified instructors and trainers teach each week. Before you take your first group fitness class, you'll need to complete the online waiver: go.umd.edu/groupfit. Waiver status will be checked upon scanning your ID at all of our studios.

PERSONAL TRAINING

Work with a certified trainer to set goals, learn about fitness, and design a workout plan tailored just for you. Our trainers are here to motivate you to be active and live well and will coach and cheer you along every step of the way.

FITNESS ASSESSMENTS

A fitness assessment, conducted by a certified personal trainer, will provide you with a complete overview of your personal fitness profile including Bod Pod® gold standard body composition testing. Numbers aren't everything, but they can be useful for those working toward specific fitness goals. After all, it's hard to get where you want to go if you don't know where you are.

Students: \$30

Fitness Assessment Re-test: \$15
(if tested within 1 year of initial test)

