

A large yellow geometric shape, resembling a stylized arrow or a large 'V' pointing right, is positioned on the left side of the slide. It is composed of two overlapping triangles of different shades of yellow.

# URecFit and Wellness

UNIVERSITY *of* MARYLAND,  
BALTIMORE

# About URecFit & Wellness

URecFit & Wellness is committed to enriching the academic experience as well as encouraging the physical, mindful, cultural, spiritual, emotional, and social development of the University of Maryland, Baltimore (UMB) community.

We will provide comprehensive programs that support student and staff engagement, lifelong learning opportunities, and positive lifestyle changes that embrace and foster the mission of UMB. We value our students, staff, faculty, and patrons by providing opportunities for participation, involvement, learning, leadership, and development. We will continue to promote and foster a sense of campus community and campus-centeredness within UMB.

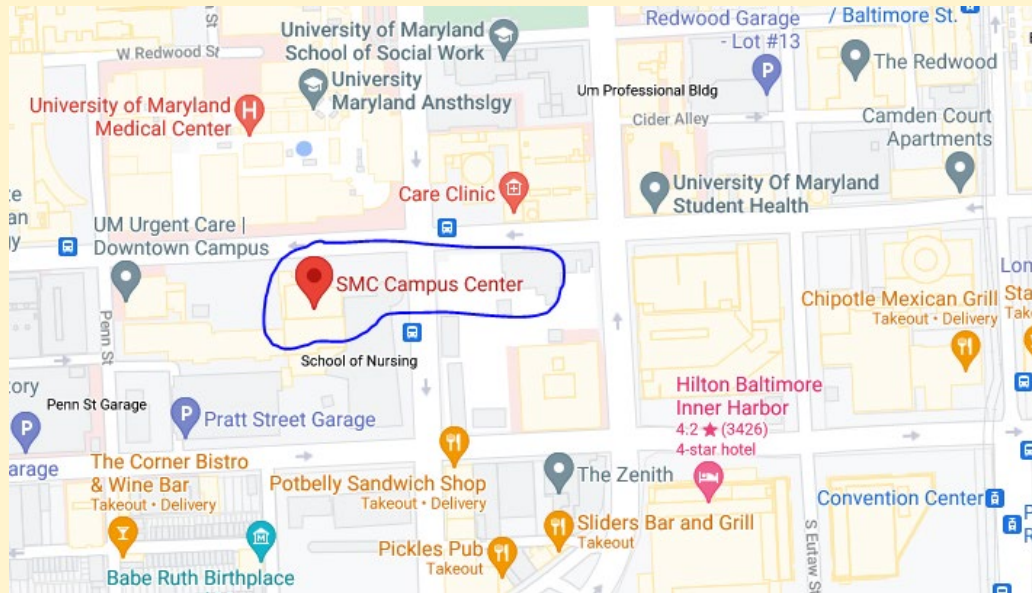
As stewards of the campus recreational resources, we will constantly attempt, whenever possible, to expand current facilities, act as a resource, and accommodate the recreational, leisure, and wellness needs of the majority of the University community. Participants are encouraged to explore their limits, expand new horizons, and pursue healthy, active lifestyle choices.

URecFit  and Wellness  
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[www.umaryland.edu/urecfiit](http://www.umaryland.edu/urecfiit)

# Location

- 4<sup>th</sup> floor of the SMC Campus Center
  - 621 W. Lombard St.



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# Hours

Main Facility						
MONDAY – FRIDAY		SATURDAY			SUNDAY	
6 a.m. - 9:30 p.m.		10 a.m. - 5:30 p.m.			CLOSED	

Pool						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning</b>	Unavailable	6 a.m. - 8:30 a.m.	Unavailable	6 a.m. - 8:30 a.m.	6 a.m. - 8:30 a.m.	Unavailable
<b>Afternoon</b>	11 a.m. - 2:30 p.m.	11 a.m. - 2:30 p.m.	11 a.m. - 2:30 p.m.	Unavailable	Unavailable	11 a.m. - 3 p.m.
<b>Evening</b>	4 p.m. - 8 p.m.	Unavailable	4 p.m. - 8 p.m.	Unavailable	4 p.m. - 8 p.m.	Unavailable

Hours are subject to change due to holidays, special events, maintenance, inclement weather and other unforeseen circumstances.

Download the URecFit Live app to register for classes, programs, receive notification alerts and more.

- A one-time Terms of Conditions and Waiver of Liability must be signed via the [URecFit & Wellness mobile app](#) or [URecFit & Wellness Live online portal](#) before utilizing the facility.

# Facilities

- **3 Floors:**
  - **Main Floor/Lobby**
    - Sales & Member Services
    - Men's, Women's, and All Gender locker rooms: Showers, sauna, day use lockers, digital scales.
    - Long term lockers
    - Multipurpose room: Group exercise classes
    - Indoor Swimming Pool: 25 yards, 5 ½ Lanes
  - **Fitness Floor**
    - Fitness center featuring more than 90 cardiovascular stations, circuit training, free weights, and more.
    - Day use lockers
  - **Pratt Gym**
    - Gymnasium with two basketball courts, volleyball, badminton, and one racquetball/squash conversion courts.
    - Strength and conditioning room for power-lifting and strength training.
    - Elevated walking and jogging track (10 laps = 1 mile)
    - Free weight room

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# Programs

- Fitness Programming
- Wellness Resources
- Group Exercise
- Intramural Sports
- 5Ks
- Personal Training



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# Group Exercise Schedule

## GROUP EXERCISE

May 31 – August 12

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HIIT 7 - 7:45 a.m. Jasmine – Rm 415	Vinyasa Yoga 7:30 – 8:30 a.m. Robyn – Rm 415 *Begins June 14		Yoga 7 – 8 a.m. Michelle – Rm 415	
			Yin Yoga 12:15 – 1 p.m. Robyn – Rm 415 *Begins June 15		Tabata Noon – 12:30 p.m. Jasmine – Rm 415
	Mobility and Flexibility 5 – 5:45 p.m. Phuong – Rm 415	HIIT 5:30 – 6:30 p.m. Robyn – Rm 415 *Begins June 14	Mobility and Flexibility 5 – 5:45 p.m. Phuong – Rm 415	Strength Training 5:30 – 6:30 p.m. Robyn – Rm 415 *Begins June 9	

**Reservations:**  
Reserve your spot online at [urecfitlive.umaryland.edu/](http://urecfitlive.umaryland.edu/)

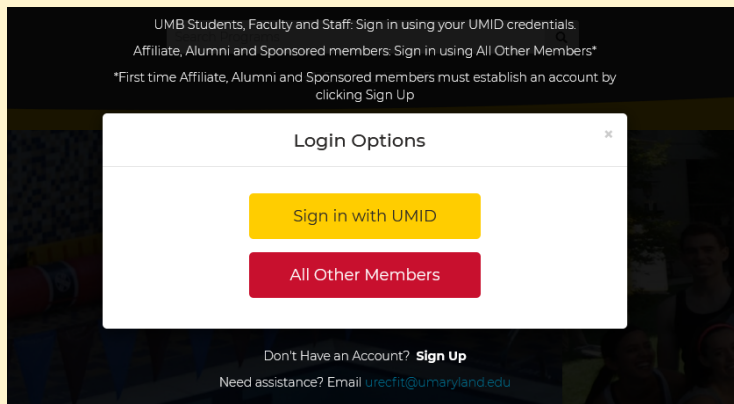
Reservations begin 6 days before the start of class . A reservation is only held for up to 10 minutes before the class starts , then it may be forfeited to a walk-in participant. The group exercise schedule is subject to change at any time. All participants must have a wristband. Wristbands are given at the front desk of URecFit and Wellness when you check in for the class  
\*Wrist bands are not required for Aquatics classes.

STRENGTH
  CARDIO
  DANCE
  MIND/BODY
  Cycling
  AQUATICS\*

Questions or Comments?  
[jmszanski@umaryland.edu](mailto:jmszanski@umaryland.edu)

# URecFit & Wellness Live Portal & App:

- Register for classes and programs
- Select your favorites
- Receive notifications alerts
- Check-in at front desk with barcode



[URecFit Live App: umaryland.edu/urecfite/urecfite-live-app/](http://umaryland.edu/urecfite/urecfite-live-app/)

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# Join the URecFit & Wellness Team

## Frontline Operation Positions

- Facility Supervisor
- Frontline Operations (Fitness Assistant, Patron Assistant, and Pratt Desk Attendant)
- Lifeguard

## Programming Positions

- Group Exercise Instructor
- Intramural Sports Supervisor
- Personal Trainer
- Water Instructor
- Wellness Fellow
- Wellness Instructor

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# Questions? More Information?

## Social Media

Facebook



@urecfitwellness

Twitter



@urecfitwellness

Instagram



@urecfit\_wellness

YouTube



UMB Division of Student Affairs

## Email



[urecfit@umaryland.edu](mailto:urecfit@umaryland.edu)

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