

**Sullivan Recreation & Fitness Complex
USM Portland Campus
66 Falmouth St., Portland**



Fitness Center Programs @ Sullivan Recreation & Fitness Complex

The Fitness Center will be closed 8:45 – 9:45 a.m., Tues/Thurs during the Spring 2012 Semester due to an academic class.

The Body shop will be closed 1:30 pm – 2:30 pm Tues/Thurs during the Spring 2012 semester due to the Women's Power hour class program offering.

The alternate room may be used during these class times.

Skip Cadigan, Fitness Center Manager, 780-4652, gcadigan@usm.maine.edu

Jennifer Allen, Asst. Coordinator Rec & Fitness, 780-4948 or jallen@usm.maine.edu

Call to schedule appointments w/ Skip, Mon-Fri 6am – 2pm (off month of July)

or Jennifer, Sunday Days or Mon-Thurs 1pm – 9pm

**Fitness center orientation and consultation by appointment,
Call Skip or Jennifer via contact info above.**

**Set up a basic program with proper adjustment of equipment
and instruction on technique. No Fee.**

Program 1: Great for beginners. This is a four-session (2 week) program that includes a fitness evaluation and a tailor made fitness program designed to meet your needs. Day one consists of your evaluation followed by three supervised basic training sessions by our Fitness Center Personal Trainer.

Sessions last 45 - 60 minutes.

Fees: Students \$35 / Faculty-Staff-Alumni \$56/ Gen Public/Spouse/Domestic Partner/ U Maine System Alum and all others \$75, Follow Up \$10.

Program 2: This is an eight-session (4 week) program that includes a fitness evaluation and program design. Day one consists of your evaluation followed by seven supervised intermediate to intense training sessions designed to help you meet your specific goals and focuses on advanced training techniques (i.e. strength/power or body sculpting).

Fees: Students \$56 / Faculty-Staff-Alumni \$75 /Gen Public/Spouse/Domestic Partner/ U Maine System Alum and all others \$98, Follow up \$10

Fitness Evaluations: Included in this evaluation are upper and lower body strength/ muscular endurance tests, cardiovascular test, flexibility, and a body fat assessment. Upon completion a program will be designed for you and one training session will be provided.

Fees: Students \$10 / Faculty-Staff-Alumni \$20 / Gen Public/Spouse/Domestic Partner/ U Maine System Alum and all others \$30

Body Fat Assessment: Interested in knowing your current body fat composition? This will only take a few minutes. Please remember to wear shorts and a T-shirt.

Cost for all is only \$5

Sullivan Member of the Month: Sullivan Complex staff are responsible for nominate member of the month. One winner each month wins a gift.