

||| UMBC RECREATION |||

# GROUP FITNESS

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## WINTER 17' SCHEDULE: JANUARY 3 - JANUARY 29

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

<b>12:00PM</b>	<b>Fitness Basics*</b> Joshua	<b>Fitness Basics*</b> Joshua	<b>Fitness Basics*</b> Joshua	<b>Fitness Basics*</b> Joshua
	<b>Zumba Summer</b>	<b>Yoga</b> Maureen	<b>Zumba</b> Janet	<b>Yoga</b> Kathleen
<b>4:00PM</b>	<b>PiYO</b> Cat	<b>Yoga Tone</b> Javier (4:30 - 6)	<b>BodyShred</b> Cat	
	<b>Cardio Party: Street</b> Jasmin		<b>Rhythm Rumble</b> Jenn	<b>Kickboxing</b> Yvonne
<b>6:00PM</b>	<b>Yoga</b> Jasmine	<b>Zumba</b> Janet	<b>Tone Zone</b> Valerie	<b>Circuit Weight Training</b> Yvonne

### WINTER 2017

#### BUILDING HOURS

Mon-Fri 7am-9pm  
Sat-Sun 12pm-6pm

#### RAC GYMNASIUM

Mon-Thu 7am-9am  
4pm-9pm  
Fri 7am-9pm  
Sat-Sun 12pm-6pm

#### WEIGHT ROOM

Mon-Thu 7am-9am  
12pm-9pm  
Fri 7am-9pm  
Sat-Sun 12pm-6pm

#### POOL

Mon-Fri 11am-1pm  
7:30pm-9pm  
Sat 2pm-5:30pm  
Sun 12pm-5:30pm

Jillian Michael's **BODYSHRED** is a high intensity metabolic conditioning workout that combines strength, cardio, and abdominal training.

**CARDIO PARTY** is a non-stop dance party to the latest hits designed to get your heart pumping. Learn new moves, build your skills or just have fun while building endurance. (**CARDIO PARTY: STREET** is the hip-hop version of Cardio Party)

**CIRCUIT WEIGHT TRAINING** provides attendees with the opportunity to learn forms and style of lifting to get more comfortable with weights while building strength, gaining muscle mass and pushing yourself to the next level.

**FITNESS BASICS\*** is a low-impact, individually designed mid-day workout.

**KICKBOXING** combines martial art inspired moves and athletic conditioning moves to sculpt, tone and challenge your body head to toe.

**PiYO** combines muscle-sculpting core-firming benefits of Pilates with strength and flexibility of Yoga.

The **RHYTHM RUMBLE** workout is an explosive cardio and strengthening exercise system that combines martial arts and dance into a full body workout that gets results. Unlike conventional aerobic exercise systems, the Rhythm Rumble Workout is designed to work individually or with a partner, resulting a more intense and exciting workout experience.

**TONE ZONE** is 50 mins of strengthening and toning of your buns, thighs and abs. Great music, laughter and fun is definitely required!

**YOGA** classes enhance physical strength and suppleness, and improve body-, breath-, and self-awareness through practice of an evolving series of standing, seated, and reclining poses and elementary inversions. Beginners and those with previous yoga experience are welcome.

**YOGA TONE** is yoga and strength training with weights and cardio.

**ZUMBA** is a Latin-inspired class involving dance and aerobic movements performed to energetic music. The choreography can incorporate hip-hop, Africa, salsa, merengue, Dancehall, and Bollywood.

C.A. Malone 8/17/16  
Approved for posting in Residential Facilities

\* Held on RAC Arena Track

Classes are FREE to all UMBC students, faculty/staff and RAC members. No experience necessary. Athletic shoes/attire required. All group fitness classes held in RAC Fitness Studio unless noted.

Fitness & Wellness | 410-455-1539

RAC Front Desk | 410-455-8888

UMBC50  
GRIT & GREATNESS



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