# GET ACTIVE

## SCHEDULE: AUGUST 29 - DECEMBER 14

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>7:00AM</strong></td>
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<tr>
<td>Vinyasa Yoga</td>
<td>Yoga Basics</td>
<td>Vinyasa Yoga</td>
<td>Hatha Yoga</td>
<td>Fitness Basics</td>
</tr>
<tr>
<td>Erica</td>
<td>Maureen</td>
<td>Erica</td>
<td>Rachel</td>
<td>Lindsay</td>
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<td><strong>12:00PM</strong></td>
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<tr>
<td>Fitness Basics*</td>
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<td>Lindsay</td>
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<tr>
<td>*Held on RAC Arena Track</td>
<td>Hip Hop Funk Janet</td>
<td>Yoga with Joe (11:30-1p)</td>
<td>Yoga Basics Maureen (12-1:30p)</td>
<td>Hip Hop Funk Janet</td>
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<td><strong>4:00PM</strong></td>
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<tr>
<td>Zumba</td>
<td>Core Yoga</td>
<td>Zumba Summer</td>
<td>TRX Core Yvonne (4:30p)</td>
<td>Flow &amp; Restore Yoga</td>
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<tr>
<td>Jenn</td>
<td>Erica</td>
<td>Summer</td>
<td>(4:30p)</td>
<td>Maureen (4:30-6p)</td>
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<td><strong>5:00PM</strong></td>
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<tr>
<td>Pop Pilates</td>
<td>Strong</td>
<td>T.B.C.</td>
<td>Ultimate Kickboxing</td>
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<tr>
<td>Cat</td>
<td>Cat</td>
<td>Jenn</td>
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<td><strong>6:00PM</strong></td>
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<tr>
<td>Ripped</td>
<td>Yoga</td>
<td>Rhythm Rumble</td>
<td>Circuit Weight</td>
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<tr>
<td>Maria</td>
<td>Dusti</td>
<td>Jenn</td>
<td>Training/TRX</td>
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<td>Yvonne</td>
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**CIRCUIT WEIGHT TRAINING/TRX** Learn forms and styles of lifting to get more comfortable with weight while TRX will improve your cardio, building muscular endurance, and promoting weight loss and pushing yourself to the next level.

**CORE YOGA** This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement.

**FITNESS BASICS** Catering to all fitness levels, Fitness Basics offers the fundamentals in strength and conditioning, having the goal of developing fit and determined individuals.

**FLOW & RESTORE YOGA** This class will warm up the body with an invigorating vinyasa flow practice before settling into a deeper restorative sequence targeting connective tissue.

**HATHA YOGA** Traditional yoga postures integrated with mindfulness, breathing and physical movement. Enjoy a warm up, slow flow, standing postures, balancing and a cool down that incorporates the whole body.

**HIP HOP FUNK** Dance Cardio class using the latest sounds in Rap, P&B, and pop music with movement influences from Jazz, the free movement of Funk, Hip Hop & More.

**POP PILATES** A fusion of ab-chiselling and total body defying moves that challenges you to rhythmically flow from one exercise to the next and develop a rock-solid core.

**RHYTHM RUMBLE** Explosive cardio and strengthening exercise that combines martial arts & dance into a full body workout that gets results. The Rhythm Rumble workout is designed to work individually or with a partner, resulting in a more intense and exciting workout experience.

**RIPPED** A total body workout divided into 6 sections utilizing resistance and cardio training.

**STRONG** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**TBC** Intense circuit workout consisting of strength training, cardio intervals and much more.

**TRX CORE** Use the TRX suspension trainer to sculpt that six pack and strengthen your core using static planks and dynamic movements that boost your functional strength, challenge your core and improve your mobility. No experience necessary.

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

**VINYASA YOGA** A dynamic, flowing yoga practice that cultivates mindfulness through the connection of movement and breath.

**YOGA** Energy restoring class designed to increase flexibility and mind body awareness through poses.

**YOGA BASICS** Creative meditative sequences used to build strength and flexibility through hatha yoga fundamentals.

**YOGA W/ JOE** 90-minute hatha yoga class designed to relieve stress and restore energy using yoga postures, meditation and breathing exercises to improve strength, suppleness, mental focus and mind-body awareness.

**ZUMBA** The well-known and easy to follow dance class filled with non-stop cardio set to Latin, pop, and world music.

## AUG 27 - DEC 20

### BUILDING HOURS

- **Mon - Thur**: 7am - 10pm
- **Fri**: 7am - 9pm
- **Sat & Sun**: 12pm - 7pm

### RAC GYMNASIUム

- **Mon - Thur**: 7am - 9am
- **Fri**: 7am - 9pm
- **Sat & Sun**: 12pm - 7pm

### WEIGHT ROOM

- **Mon - Thur**: 7am - 10am
- **12pm - 10pm
- **Fri**: 7am - 9pm
- **Sat & Sun**: 12pm - 7pm

### POOL

- **Mon / Wed**: 7am - 9am
- 10am - 11am
- 7:45pm - 9:30pm
- **Tue / Thur**: 10am - 1:30pm
- 7:45pm - 9:30pm
- **Fri**: 7am - 11am
- 7:45pm - 9pm
- **Sat**: 9am - 6pm
- **Sun**: 12pm - 6pm

### CARDIO BALCONY

- **Mon - Thur**: 7am - 10pm
- **Fri**: 7am - 9pm
- **Sat & Sun**: 12pm - 7pm

### ARENA TRACK

- **Mon - Thur**: 7am - 10pm
- **Fri**: 7am - 9pm
- **Sat & Sun**: 12pm - 7pm

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 321 | RAC Front Desk | 410-455-8888**

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