# GET ACTIVE

**SCHEDULE: AUGUST 28 - DECEMBER 15**

- **7:05AM**
  - **TUESDAY**
    - Core Yoga
      - Kathleen
  - **THURSDAY**
    - Fitness Basics*
      - Tommy
  - **FRIDAY**
    - Hip Hop Funk
      - Tommy

- **12:00PM**
  - **MONDAY**
    - Hatha Yoga
      - Kathleen
  - **WEDNESDAY**
    - Vinyasa Yoga
      - Erica
  - **THURSDAY**
    - Yoga with Joe
      - (11:30-1)
  - **FRIDAY**
    - TBC
      - Janet

- **4:00PM**
  - **TUESDAY**
    - Cardio Party
      - Jasmin
  - **WEDNESDAY**
    - Yoga
      - Maureen
  - **THURSDAY**
    - Core & More
      - Jasmin
  - **FRIDAY**
    - Ultimate Kickboxing
      - Yvonne

- **5:00PM**
  - **WEDNESDAY**
    - POP Pilates
      - Cat
  - **THURSDAY**
    - POP Pilates
      - Cat
  - **FRIDAY**
    - Circuit Weight Training
      - Yvonne

- **6:00PM**
  - **MONDAY**
    - Vinyasa Yoga
      - Jasmine
  - **TUESDAY**
    - Baptiste
      - (Power Yoga)
      - Dusti
  - **THURSDAY**
    - Yoga
      - Maureen
  - **FRIDAY**
    - Circuit Weight Training
      - Yvonne

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**BUILDING HOURS**

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<th>Mon - Thur</th>
<th>Fri</th>
<th>Sat &amp; Sun</th>
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**CARDIO BALCONY**

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**ARENA TRACK**

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- **BAPTISTE (POWER YOGA)** A powerful flow of postures including movement that both challenges and soothes the mind, body and soul.
- **CARDIO PARTY** A non-stop dance part to the latest hits designed to get your heart pumping while learning new moves, and building your skills. (Cardio Party: Street is the hip-hop version of Cardio Party)
- **CIRCUIT WEIGHT TRAINING** Interval based body pumping course designed to tone your arms, core and back.
- **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.
- **CORE & MORE** Conditions and strengthens the entire midsection and a specific muscle group helping you gain more tone and endurance.
- **HATHA YOGA** A class intended to create a balance of strength and flexibility in the body, as well as coordinating breath with movement.
- **HIP HOP FUNK** Dance cardio course using the latest sounds in rap, R&B and pop music with movement influences from Jazz, the free movement of Funk, Hip Hop, and more.
- **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.
- **MEGAZUMBA** Get your heart pumping overtime to the rhythms of Latin, Caribbean, African and Arab inspired music.
- **POP PILATES** A fusion of ab-chiseling and total body defining moves that challenge you to rhythmically flow from one exercise to the next and develop a rock solid core.
- **POUND** Become the music in this exhilarating full-body workout that uses drumming to combine cardio, conditioning and strength training with yoga and pilates-inspired movements.
- **TBC** Total Body Conditioning is a full-body toning workout that increases your endurance using a combination of dumbbells and body weight training.
- **ULTIMATE KICKBOXING** Combines martial art inspired moves and athletic conditioning moves to sculpt, tone and challenge your body head to toe.
- **VINAYA YOGA** A dynamic, flowing yoga practice that cultivates mindfulness through the connection of movement and breath.
- **HATHA YOGA** Creative meditative sequences used to build strength and flexibility through a combination of vinyasa, hatha and yin styles.
- **YIN YOGA** This soothing yoga fusion class combines a mild flow, yin, and pranayama to provide a dynamic practice that will open the heart, body, and mind.
- **YOGA W/ JOE** A progressive Hatha Yoga class with poses, meditation, and breathing exercises, welcoming students of any age, with any level of yoga experience.
- **ZUMBA** The well-known and easy to follow dance class filled with non-stop cardio set to Latin and World music.

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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
- Room 321 | RAC Front Desk | 410-455-8888
- @UMBCREC | RECREATION.UMBC.EDU