

||| UMBC RECREATION |||

GROUP FITNESS

#GETACTIVE

WINTER '18 SCHEDULE: JANUARY 2 - JANUARY 28

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

12:00PM	Fitness Basics* Tommy	Fitness Basics* Tommy	Fitness Basics* Tommy	Fitness Basics* Tommy
	Zumba Janet	Knockout Christian	Vinyasa Yoga Erica	Hip Hop Funk Janet
4:00PM	TBC Jenn	Core Yoga Javier	Core & More Jasmin	Intro to Yoga Maureen
	Zumba Jenn	Cardio Party Jasmin	Knockout Christian	Ultimate Kickboxing Yvonne
6:00PM	Trap Yoga Jasmine	Power Yoga Dusti	Pound Jenn	TRX Core Yvonne

WINTER 2018

JAN 2 - JAN 28

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

M/W/F 8am-11am

7:30pm-9pm

T/TH 11am-1pm

7:30pm-9pm

Sat 2pm-5:30pm

Sun 12pm-5:30pm

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.

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.

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.

Knockout

Classic boxing skills broken down in a hard-working atmosphere of full-body workouts and flawless punch combinations

POP Pilates

A fusion of ab-chiseling and total body defining moves that challenges 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.

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.

Trap Yoga

Traditional asanas and pranayama set to trap music, a type of hip-hop originating from the southern United States.

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.

Intro to Yoga

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

Zumba

The well-known and easy to follow dance class filled with non-stop cardio set to Latin and World music.



* 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

Group Fitness Front Desk | 410-455-8888

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