### SCHEDULE: JANUARY 29 - MAY 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:05AM</td>
<td>Intro to Yoga</td>
<td>Power Yoga Dust</td>
<td>Vinyasa Yoga</td>
<td>Yin Yoga</td>
<td>Fitness Basics*</td>
</tr>
<tr>
<td></td>
<td>Maureen R.</td>
<td>Dusty</td>
<td>Erica</td>
<td>Jasmine</td>
<td>Tommy</td>
</tr>
<tr>
<td>12:00PM</td>
<td>Fitness Basics*</td>
<td>Fitness Basics*</td>
<td>Fitness Basics*</td>
<td>Fitness Basics*</td>
<td>Fitness Basics*</td>
</tr>
<tr>
<td></td>
<td>Tommy</td>
<td>Tommy</td>
<td>Tommy</td>
<td>Tommy</td>
<td>Tommy</td>
</tr>
<tr>
<td>4:00PM</td>
<td>Yoga with Joe</td>
<td>Cardio Party</td>
<td>TRX Core</td>
<td>Vinyasa Yoga</td>
<td>Hip Hop Funk</td>
</tr>
<tr>
<td></td>
<td>(11:30-1)</td>
<td>Jazzo</td>
<td>Yvonne (4:30)</td>
<td>Jasmine</td>
<td>Janet</td>
</tr>
<tr>
<td>5:00PM</td>
<td>POP Pilates</td>
<td>Knockout</td>
<td>Zumba</td>
<td>Ultimate Kickboxing</td>
<td>CWT/TRX Strength</td>
</tr>
<tr>
<td></td>
<td>Cat</td>
<td>Christian</td>
<td>Summer</td>
<td>Yvonne</td>
<td>Yvonne</td>
</tr>
<tr>
<td>6:00PM</td>
<td>Yoga for Strength</td>
<td>Rhythm Rumble</td>
<td>CWT/TRX Strength</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maureen R.</td>
<td>Jenn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Held on RAC Arena Track

---

**CARDIO BALCONY**
- 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.

**CORE YOGA**
- Bring awareness & strengthening to your core (abdomen, low back, thighs, glutes) while providing improved stability, strength & stamina through standing, reclined & flowing postures.

**CWTRX STRENGTH**
- Provides attendees with the opportunity to learn forms and styles of lifting to get more comfortable with weights while building strength, gaining muscle mass, and pushing yourself to the next level using our TRX suspension training.

**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.

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

**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.

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

**RHYTHM RUMBLE**
- An explosive cardio and strengthening exercise system that combines martial arts and dance into a full body workout that gets results. Bring a partner!

**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. No experience needed.

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

**YIN YOGA**
- 60 minute yoga fusion class combining a mild flow, yin, and pranayama to target the connective tissues that aren’t typically exercised as much during an active asana practice.

**YOGA FOR STRENGTH**
- Build strength with a mix of Vinyasa flow sequences as well as some longer holds to support strong muscles and bones and increase overall flexibility.

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

---

Additional Information: recreation.umbc.edu