

GROUP FITNESS

@UMBCREC | RECREATION.UMBC.EDU



JAN 29 - MAY 23

BUILDING HOURS

Mon-Thurs 7am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

RAC GYMNASIUM

Mon-Thurs 7am-8am
 12pm - 10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

WEIGHT ROOM

Mon-Thurs 7am-10am
 12pm-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

POOL

Mon, Wed, & Fri
 7:45am - 9am
 10am - 11am
 7:45pm - 9:30pm
 Tue & Thurs
 10am - 1:30pm
 7:45pm - 9:30pm
 Sat 2:00pm- 6:00pm
 Sun 12:00pm - 6:00pm

CARDIO BALCONY

Mon-Thurs 7am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

ARENA TRACK

Mon-Thurs 7am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

SCHEDULE: JANUARY 29 - MAY 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:05AM	Intro to Yoga Maureen R.	Power Yoga Dusti	Vinyasa Yoga Erica	Yin Yoga Jasmine	
12:00PM	Fitness Basics* Tommy	Fitness Basics* Tommy	Fitness Basics* Tommy	Fitness Basics* Tommy	Fitness Basics* Tommy
	Zumba Janet	Yoga with Joe (11:30-1)	Cardio Party Jazzo		Hip Hop Funk Janet
4:00PM	TBC Jenn	Core Yoga Erica	Knockout Christian	TRX Core Yvonne (4:30)	Vinyasa Yoga Jasmine (4:30 - 6)
5:00PM	POP Pilates Cat	Knockout Christian	Zumba Jenn	Ultimate Kickboxing Yvonne	
6:00PM	Yoga for Strength Maureen R.	Zumba Summer	Rhythm Rumble Jenn	CWT/TRX Strength Yvonne	

*Held on RAC Arena Track

CARDIO PARTY 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.

CWT/TRX 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.

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. 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.

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

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

Approved for posting in Residential Facilities
 C.A. Malone 1/19/2018

Additional Information: recreation.umbc.edu

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

#GETACTIVE