

||| UMBC RECREATION |||

GROUP FITNESS

#GETACTIVE

WINTER 2019 SCHEDULE: JANUARY 2 - JANUARY 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00PM *Held on RAC Arena Track		Fitness Basics* Lindsay	Fitness Basics* Lindsay		
	Core Yoga Erica		Restorative Yoga Erica	Vinyasa Yoga Erica	
4:00PM	Yoga Basics Maureen	Zumba Summer	Zumba Summer	Zumba Summer	
5:00PM	Ripped Maria	Cardio Party Christine	T.B.C. Jenn	Ultimate Kickboxing Yvonne	
6:00PM	Vinyasa Yoga Yupa	Power Yoga Dusti	Pound Jenn	TRX/Core Yvonne	

WINTER 2019 JAN 2 - JAN 27

BUILDING HOURS

Mon - Fri 7am - 9pm
Sat & Sun 12pm - 6pm

RAC GYMNASIUM

Mon - Thur 7am - 8am
12pm - 9pm
Fri 7am - 9pm
Sat & Sun 12pm - 6pm

WEIGHT ROOM

Mon - Thur 7am - 10am
12pm - 9pm
Fri 7am - 9pm
Sat & Sun 12pm - 6pm

POOL

Mon / Wed / Fri 8am - 11am
7:30pm - 9:00pm
Tue / Thur 11am - 1:00pm
7:30pm - 9:00pm
Sat 2pm - 5:30pm
Sun 12pm - 5:30pm

CARDIO BALCONY

Mon - Fri 7am - 9pm
Sat & Sun 12pm - 6pm

ARENA TRACK

Mon - Fri 7am - 9pm
Sat & Sun 12pm - 6pm

*NOTE: ARENA FLOOR CLOSED

Approved for posting in Residential Facilities
K. Mrowka 12/13/2018

CARDIO PARTY & CARDIO PARTY: STREET

Dance non-stop to the latest hits. This easy to follow cardio dance class will get your heart pumping.

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.

POUND Drumming class fusing cardio, Pilates, plyometric, isometric movements. Drum sticks provided.

POWER YOGA Linking breath and movement. It is a dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. It tones and sculpts the entire body allowing for rapid results.

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

R.I.P.P.E.D A total body workout divided into six sections utilizing resistance and cardio training.

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 BASICS 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, pop, and world music.



RECREATION

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

@UMBCREC | RECREATION.UMBC.EDU