# GET ACTIVE

**FALL 2019: AUGUST 28 - DECEMBER 13**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>7:05AM</strong></td>
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<tr>
<td>Basic Yoga</td>
<td>Vinyasa Yoga</td>
<td>Energy Medicine Yoga</td>
<td>Wake Up Yoga</td>
<td>Basic Yoga</td>
</tr>
<tr>
<td>Yupa</td>
<td>Kristen</td>
<td>Maureen</td>
<td>Ashley</td>
<td>Yupa</td>
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<tr>
<td><strong>NOON</strong></td>
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<tr>
<td>Total Body Toning</td>
<td>Yoga with Joe (11:30 a.m.-1 p.m.)</td>
<td>Vinyasa Yoga</td>
<td>Boot Camp</td>
<td>Vinyasa Yoga</td>
</tr>
<tr>
<td>Joella</td>
<td>(11:30 a.m.-1 p.m.)</td>
<td>Erica</td>
<td>Alea</td>
<td>Erica</td>
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<tr>
<td><strong>Fitness Basics</strong>*</td>
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<tr>
<td>Lindsay</td>
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<tr>
<td><strong>4:00PM</strong></td>
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<tr>
<td>TBC</td>
<td>ZUMBA</td>
<td>POP Pilates</td>
<td>ZUMBA</td>
<td>Flow &amp; Restore Yoga</td>
</tr>
<tr>
<td>Jenn</td>
<td>Janet</td>
<td>Cat</td>
<td>Joella</td>
<td>Maureen</td>
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<tr>
<td>(4:30-6pm)</td>
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<td></td>
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<td>(4:30-6pm)</td>
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<td><strong>5:00PM</strong></td>
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</tr>
<tr>
<td>ZUMBA</td>
<td>RIPPED</td>
<td>Pound</td>
<td>Ultimate Kickboxing</td>
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<tr>
<td>Jenn</td>
<td>Maria</td>
<td>Jenn</td>
<td>Yvonne</td>
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<tr>
<td><strong>6:00PM</strong></td>
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<tr>
<td>STRONG</td>
<td>Core Yoga</td>
<td>Basic Yoga</td>
<td>Weight Training</td>
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</tr>
<tr>
<td>Maria</td>
<td>Erica</td>
<td>Ashley</td>
<td>Yvonne</td>
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All classes 55 minutes unless otherwise noted.

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**AUG 26 - DEC 19**

**BUILDING HOURS**
- Mon - Thu: 7am - 10pm
- Fri: 7am - 9pm
- Sat & Sun: 12pm - 7pm

**RAC GYMNASIUM**
- Mon - Thu: 7am - 8am
- Fri: 7am - 7pm
- Sat & Sun: 12pm - 7pm

**WEIGHT ROOM**
- Mon - Thu: 7am - 10am
- Fri: 7am - 7pm
- Sat & Sun: 12pm - 7pm

**RETRIEVER TRAINING CENTER**
- Mon - Thu: 4pm - 9pm
- Fri: 7am - 9pm
- Sat: 7am - 11am
- Sun: 9am - 1pm

**POOL**
- Mon / Wed: 7:45am - 9am
- Tue / Thu: 10am - 11am
- Fri: 7:45am - 9am
- Sat: 7:45am - 9am
- Sun: 10am - 1pm

**CARDIO BALCONY**
- Mon - Thu: 7am - 10am
- Fri: 7am - 9am
- Sat & Sun: 12pm - 7pm

**ARENA TRACK**
- Mon - Thu: 7am - 10pm
- Fri: 7am - 9pm
- Sat & Sun: 12pm - 7pm

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**Basic Yoga**: Focusing on the foundation and alignment for each pose while building strength and promoting flexibility with the body. You can expect an emphasis on simplicity, repetition, and ease of movement. All levels are welcome.

**Boot Camp**: Fast paced, high-intensity total body workout that uses weights, medicine balls, jump ropes, and athletic drills.

**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.

**Energy Medicine Yoga**: Develop a deeper understanding of the body’s energy systems to support physical and emotional well-being with alignment and strength poses. This practice integrates yoga, Traditional Chinese Medicine and other ancient energy traditions to enhance the body’s natural healing power. It is yoga amplified.

**Fitness Basics**: Catering to all fitness levels within a small group, Fitness Basics offers the fundamentals in strength and conditioning, having the goal of developing fit and determined individuals.

**Flow and Restore Yoga**: This class will warm up the body with an invigorating vinyasa flow practice before settling into a deeper restorative sequence targeting connective tissue.

**Hip Hop Funk**: Dance cardio class using the latest sounds in R&B, P&B, and pop music with movement influences from Jazz, freestyle movement of Funk, Hip Hop, and more.

**RIPPED**: A total body workout divided into 6 sections utilizing resistance and cardio training.

**STRONG**: Combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every jump, every burn is driven by the music, helping you make it to that last rep, and maybe even five more.

**TBC**: Intense circuit workout consisting of strength training, cardio intervals, and much more.

**Total Body Toning**: This class is a mix of strength and muscle conditioning exercises using weights and body weight to tone your total body.

**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.

**Wake Up Yoga**: Rise and shine starting your day with some soft movement, waking up your body the right way. Ashley will lead you through a 60 minute vinyasa with options to keep it gentle or adding in challenges to get more of a workout. Whatever route you choose, we will get all the kinks out, creating space in the body, and you will leave feeling more fluid and lighter for your day.

**Weight Training**: Burn fat & strengthen your body with this class. Get into the weight room with more confidence and knowledge on how to properly weight lift to train and build muscle you didn’t know you have. Challenge yourself each week, but remember, you can always drop the weights if they become too much!

**Yoga with Joe**: 90-minute Hatha yoga class designed to relieve stress and restore energy using yoga postures, meditation, and breathing exercises to improve strength, suppleness, mental focus, and mind-body awareness.

**Zumba**: The well-known and easy to follow dance class filled with non-stop cardio set to Latin, pop, 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 | **RAC** 321 | **RAC Front Desk** 410-455-8888

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