# GROUP FITNESS

## #GETACTIVE

**WINTER 2020 SCHEDULE: JANUARY 2 - JANUARY 26**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>12:00PM</td>
<td>Fitness Basics</td>
<td>Zumba</td>
<td>Bootcamp</td>
<td>Joella</td>
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<tr>
<td>4:00PM</td>
<td>TBC</td>
<td>Zumba</td>
<td>Vinyasa Yoga</td>
<td>Vinyasa Yoga</td>
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<tr>
<td></td>
<td>Jenn</td>
<td>Janet</td>
<td>Kristen</td>
<td>Erica</td>
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<tr>
<td>5:00PM</td>
<td>Zumba</td>
<td>Cardio Party</td>
<td>RUMBLE</td>
<td>Kickboxing</td>
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<tr>
<td></td>
<td>Jenn</td>
<td>Christine</td>
<td>Cat</td>
<td>Yvonne</td>
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<tr>
<td>6:00PM</td>
<td>Yoga</td>
<td>Vinyasa Yoga</td>
<td>Yoga</td>
<td>Core and Weight Training Fundamentals</td>
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<tr>
<td></td>
<td>Joella</td>
<td>Erica</td>
<td>Joella</td>
<td>Yvonne</td>
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**BOOTCAMP** Fast-paced, high intensity total body workout that can use medicine balls, weights, jumpropes, and other types of athletic equipment along with a variety of movements that give you both a strength and cardio workout.

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

**CORE AND WEIGHT TRAINING FUNDAMENTALS** A class that has two focuses-basic weight training fundamentals as well as dedicated time to focus on core strength.

**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.

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

**RUMBLE** An authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment.

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

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

**YOGA** A class for beginning and continuing students practicing the fundamentals of basic yoga postures with attention to body and breath awareness to increase movement and vitality while reducing stress. Sitting, standing, basic twisting postures and gentle back bends are practiced. Focus is also given to muscle toning movements.

**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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**WINTER 2020 JAN 2 - JAN 26**

**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 - Fri: 7am - 9pm
- Sat & Sun: 12pm - 6pm

**POOL**
- Mon / Wed / Fri: 8am - 11am, 7:45pm - 9pm
- Tue / Thur: 10am - 1:30pm, 7:45pm - 9pm
- Sat: 2pm - 5:30pm
- Sun: 12pm - 5:30pm

**CARDIO BALCONY**
- Mon - Fri: 7am - 9pm
- Sat & Sun: 12pm - 6pm

**ARENA TRACK AND FLOOR CLOSED DUE TO RAC RENEWAL RENOVATION**

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** I 410-455-1539 I RAC 321 I RAC Front Desk I 410-455-8888

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