



**UMBC RECREATION**  
**GROUP FITNESS SCHEDULE SPRING 2016**  
**January 25th—May 10th**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:05AM	YOGA VARGHESE	R.I.P.P.E.D. CAT	YOGA VARGHESE	R.I.P.P.E.D. CAT	YOGA VARGHESE
12PM Arena Track	FITNESS BASICS JOSHUA	FITNESS BASICS JOSHUA	FITNESS BASICS JOSHUA	FITNESS BASICS JOSHUA	FITNESS BASICS JOSHUA
12PM	ZUMBA JANET	11:30A - 1:00P YOGA W/ JOE	ZUMBA JANET		CARDIO PARTY JASMIN
4PM	CORE AND MORE ALEX	T.B.C. ALEX	CORE AND MORE ALEX	T.B.C. ALEX	
5PM	ZUMBA JENN	BOOT CAMP LAUREN	CARDIO PARTY: STREET JASMIN	CARDIO KICKBOXING YVONNE	4:30P - 5:30P PILATES ABRIL
6PM	YOGA DAKSHAYINI	ZUMBA SHAHRZAD	POUND JENN	YOGA DAKSHAYINI	5:30P - 7:00P YOGA ABRIL

**Boot Camp**

Fast paced, high-intensity workout that uses weights, medicine balls, jump ropes and athletic drills.

**Core and More**

Class focusing on core and it's assisting muscles. 4:30pm entry permitted.

**Cardio Kickboxing**

Intense, boxing-inspired workout that creates a full body toning experience.

**Cardio Party**

Non-stop dance party to the latest hits designed to get your heart pumping.

**Cardio Party: Street**

This hip-hop based cardio dance class is a guaranteed workout. Build your skills or just have fun.

**Fitness Basics**

A low-impact, individually designed mid-day workout.

**Pilates**

Low-impact, total body mat workout that focuses on core strength.

**Pound**

Full-body jam session fusing cardio, Pilates, plyometric, isometric movements with constant drumming. Drum sticks provided!

**R.I.P.P.E.D.**

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

**T.B.C.—Total Body Circuit**

Intense circuit work consisting of strength training, cardio intervals and much more.

**Yoga**

Energy restoring course designed to increase strength, flexibility and mind body awareness through poses.

**Zumba**

Easy to follow, non-stop cardio dance course set to Latin, and World music.

Classes are FREE to all UMBC students, faculty/staff and RAC members. No experience necessary. Athletic shoes/attire required. Classes are held in the RAC Fitness Studio unless noted.

Recreation Office 410-455-1539 RAC Front Desk 410-455-8888  
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