

Group Fitness ~ Fall 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30					
12pm	Fitness Basics Sana *Arena track	Yoga with Joe	Fitness Basics Sana *Arena track		Fitness Basics Sana *A. i. Instructor Training Katie *Registration required
1pm					
1:30					
4pm					
4:30	Ab Crunch Katie	Ab Crunch Sana	TBA	TBA	Power Strength Aaron
5pm	Step & Sculpt Katie	Zumba Kimberly	Cardio Party Jazmin	Zumba Olesya	Power Cardio Aaron
6pm	Vinyasa Yoga Camille	Hip Hop Funk Jazmin	Belly Dance Olesya	Vinyasa Yoga Camille	

Ab Crunch
*25 minutes

A targeted workout of abdominal, back, and core training to strengthen and tone your entire midsection.

Hip Hop Funk

Come out and groove in this high energy, cardio class. Get a great workout to the latest music while you learn moves you can take to the dance floor. No dance experience necessary!

Zumba

Come join the party and dance your way to fitness. Zumba combines Latin music and dance for a fun, energy filled workout for everyone!

Yoga with Joe

Join Joe Loehle each week for hatha yoga to unwind, relax, and restore your personal energy. Class features postures, meditation, and breath work. Please bring a large towel and dress for movement. Progressive class, regular attendance encouraged.

Fitness Basics

Combine moderate intensity walking with basic strength training activities for a low impact, mid-day workout. Athletic shoes and regular attendance recommended!

Vinyasa Yoga

Link breath and body in this movement based yoga practice that is designed to increase strength, flexibility, and relaxation.

Power Strength

Use weights, medicine balls, and your own body resistance for a quick paced strength based class. A great total body workout!

Belly Dance

Express yourself and strengthen your body. Use your abdominals, arms, and hips while improving your coordination.

Step & Sculpt

Easy to follow step routines to get your heart pumping combine with intense upper and lower body strength and endurance work to tone and sculpt the body.

Cardio Party

Why go out when you can party here? Dance non-stop to the latest party rocking hits. Build your skills or just have fun!

Power Cardio

An intense yet safe workout which incorporates a variety of athletic cardiovascular training activities for a fun and challenging workout.

*Class size is limited; please sign up for EACH session the day before or of on my.umbc.edu/groups/fitness-at-therac. Classes are **FREE** to all UMBC students, faculty, staff, and RAC members. Unless noted all classes are held in the **RAC fitness studio**.*

Classes begin Wednesday, August 29

Office of Rec Sports 410-455-6883 my.umbc.edu/groups/fitness-at-therac RAC Front Desk 410-455-8888

