

# 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 Loehe 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](http://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 31**

Office of Rec Sports 410-455-6883 [my.umbc.edu/groups/fitness-at-therac](http://my.umbc.edu/groups/fitness-at-therac) RAC Front Desk 410-455-8888

