UMBC REC SPORTS

Group Fitness ~ Spring 2013

Monday	Tuesday		Wednesday	Thursday	Friday
	Yoga with Joe				
Fitness Basics		F.B.	Fitness Basics	Fitness Basics	F. B.
	-				Sana
Arena frack		·A. I.	*Arena frack*	*Arena frack*	*Arena track*
Ab Crunch Nahomy	Ab Crunch Jasmin		Ab Crunch Sana	Ab Cru <mark>nc</mark> h Jasmin	Core & More Katie
Zumba Nahomy	Hip Hop Funk Jasmin		Step Aditi	Cardio Party Jasmin	Step & Sculpt Katie
Vinyasa Yoga Camille	Zumba Nahomy		Vinyasa Yoga Camille	Power Training Aaron	
				Use weights, medicine balls, athletics drills, for a quick paced, high intensity class. A great total body workout!	
Hip Hop Funk Come out and groove in this high energy, low impact cardio class. Get a great workout to the latest music while you learn moves you can take out on the dance floor. No dance experience nec				Functional training to build a strong and flexible core. Take your abs workout beyond crunches on the mat.	
essary!			Step	Easy to follow step routines to get your heart pumping and your body moving! Mixed intensity cardio based class with an emphasis on safety and cardiovascular conditioning.	
a Come join the party and dance your way to fit- ness. Zumba combines Latin music and dance for a fun, energy filled workout for everyone!			ce		
Why go out when you can party here? Dance non -stop to the latest party rocking hits. Build your skills or just have fun!				Join Joe Loehe each week for hatha yoga to un- wind, relax, and restore your personal energy. Class features postures, meditation, and breath work. Please bring a large towel and dress for	
Link breath and bo yoga practice that is strength, flexibility	dy in this mo s designed to , and relaxat	o increase tion.	Fitness Basics	work. Prease oring a range tower and dress for movement. Progressive class, regular attendance encouraged.Combine moderate intensity walking with basic strength building activities for a low impact, mid- day workout. Athletic shoes recommended!	
	Katie *Arena track* Ab Crunch Nahomy Zumba Nahomy Vinyasa Yoga Camille ch A targeted workout training to strength section. Plus exten Come out and groo impact cardio class latest music while y out on the dance flor essary! Come join the party- ness. Zumba comb for a fun, energy fi Why go out when y -stop to the latest p skills or just have f Link breath and boy yoga practice that i strength, flexibility	Fitness Basics Katie *Arena track* Yoga N Ab Crunch Nahomy Ab C Zumba Nahomy Hip Ha Jas Zumba Nahomy Hip Ha Jas Vinyasa Yoga Camille Zur Nah Ch A targeted workout of abdomir training to strengthen and tone section. Plus extends the work Come out and groove in this hi impact cardio class. Get a great latest music while you learn may out on the dance floor. No dance essary! Come join the party and dance ness. Zumba combines Latin m for a fun, energy filled workou Why go out when you can party- -stop to the latest party rocking skills or just have fun! Link breath and body in this m yoga practice that is designed t strength, flexibility, and relaxation	Fitness Basics F. B. Katie Sana *Arena track* Sana Ab Crunch Ab Crunch Nahomy Jasmin Zumba Hip Hop Funk Nahomy Zumba Vinyasa Yoga Zumba Camille Nahomy Vinyasa Yoga Zumba Nahomy Samin Come out and groove in this high energy, lov impact cardio class. Get a great workout to the latest music while you learn moves you can to out on the dance floor. No dance experience essary! Come join the party and dance your way to finess. Zumba combines Latin music and dan for a fun, energy filled workout for everyon Why go out when you can party here? Dance -stop to the latest party rocking hits. Build yo skills or just have fun! Link breath and body in this movement base yoga practice that is designed to increase strength, flexibility, and relaxation.	Fitness Basics Katie Yoga with Joe Fitness Basics Katie F. B. Sana *A.t.* Fitness Basics Katie *Arena track* Ab Crunch Nahomy Ab Crunch Jasmin Ab Crunch Sana Zumba Nahomy Hip Hop Funk Jasmin Ab Crunch Sana Zumba Nahomy Hip Hop Funk Jasmin Step Aditi Vinyasa Yoga Camille Zumba Nahomy Vinyasa Yoga Camille Power Training Ch A targeted workout of abdominal, back, and core training to strengthen and tone your entire mid- section. Plus extends the workout to 45 minutes! Power Training Come out and groove in this high energy, low impact cardio class. Get a great workout to the latest music while you learn moves you can take out on the dance floor. No dance experience nec- essary! Core & More Come join the party and dance your way to fit- ness. Zumba combines Latin music and dance for a fun, energy filled workout for everyone! Yoga with Joe Why go out when you can party here? Dance non -stop to the latest party rocking hits. Build your skills or just have fun! Yoga with Joe Link breath and body in this movement based yoga practice that is designed to increase strength, flexibility, and relaxation. Fitness	Yoga with Joe Fitness Basics Katie F. B. Sana Fitness Basics Katie Fitness Basics Sana *Arena track* Fitness Basics Fitness Basics Sana Fitness Basics Sana Ab Crunch Nahomy Ab Crunch Jasmin Ab Crunch Sana Ab Crunch Jasmin Zumba Nahomy Hip Hop Funk Jasmin Step Aditi Cardio Party Jasmin Vinyasa Yoga Camille Zumba Nahomy Vinyasa Yoga Camille Power Training Aaron Vinyasa Yoga camille Zumba Nahomy Vinyasa Yoga Camille Power Training Camille Fitness Basics Come out and groove in this high energy, low impact cardio class. Get a great workout to 45 minutes! Power Training Functional training to bi core. Take your abs wor the mat. Step Come out and groove in this high energy, low impact cardio class. Get a great workout to the latest music while you learn moves you can take out on the dance floor. No dance experience nec- essary! Step Easy to follow step rout to matici based class with and cardiovascular cond the mat. Why go out when you can party here? Dance non- stop to the latest party rocking hits. Build your skills or just have fun! Step Easy to follow step rout to fas fatures postures, work. Please bring a larg movement. Progressive encouraged. Link breath and body in this movement based yoga practice that is designed to increase strength, flexibility, and relaxation.

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

Classes begin Monday, January 28

Office of Rec Sports 410-455-6883 RAC Front Desk 410-455-8888

my.umbc.edu/groups/fitness-at-therac





