

Group Fitness ~ Winter 2013

*****classes begin January 2*****

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00	Fitness Basics* Sana	Fitness Basics* Katie	Fitness Basics* Sana	Fitness Basics* Katie	Fitness Basics* Sana
4:30	Ab Crunch	Ab Crunch	Ab Crunch Jasmin	Ab Crunch Nahomy	
5pm	Step Aditi	Zumba Kimberly	Cardio Party Jasmin	Zumba Nahomy	
6pm	Vinyasa Yoga Camille	Hip Hop Funk Jasmin	Vinyasa Yoga Camille		

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

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!

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 necessary!

Step Easy to follow step routines to get your heart pumping and your body moving! Mixed intensity cardio based class using the step, light weights and body resistance with an emphasis on safety and cardiovascular conditioning.

Fitness Basics Combine moderate intensity walking with basic strength training activities for a low impact, mid-day workout. Athletic shoes and regular attendance recommended! *Class meets on the Arena indoor track*

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

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!

Classes are free to all UMBC students, faculty, staff, and RAC members. Class size is limited, please sign up for EACH class the day before online at my.umbc.edu/groups/fitness-at-therac. All classes are held in the RAC fitness studio unless noted.

Office of Rec Sports 410-455-6883

RAC Front Desk 410-455-8888

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

