

Group Fitness ~ Spring 2013

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|-------------------------|------------------------|-------------------------|-------------------------|------------------------|
| 11:00 | | | | | |
| 11:30 | | Yoga with Joe | | | |
| 12:00 | Fitness Basics Katie | F. B. Sana | Fitness Basics Katie | Fitness Basics Sana | F. B. Sana |
| 12:30 | *Arena track* | *A. t.* | *Arena track* | *Arena track* | *Arena track* |
| 1:00 | | | | | |
| 4pm | | | | | |
| 4:30 | Ab Crunch Nahomy | Ab Crunch Jasmin | Ab Crunch Sana | Ab Crunch Jasmin | Core & More Katie |
| 5pm | Zumba Nahomy | Hip Hop Funk Jasmin | Step Aditi | Cardio Party Jasmin | Step & Sculpt Katie |
| 6pm | Vinyasa Yoga Camille | Zumba Nahomy | Vinyasa Yoga Camille | Power Training Aaron | |

Ab Crunch
*25 minutes

A targeted workout of abdominal, back, and core training to strengthen and tone your entire mid-section. Plus extends the workout to 45 minutes!

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!

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!

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!

Vinyasa Yoga

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

Step & Sculpt

Combine cardio training on the step and strength training intervals for a strong body and heart.

Power Training

Use weights, medicine balls, athletics drills, for a quick paced, high intensity class. A great total body workout!

Core & More

Functional training to build a strong and flexible core. Take your abs workout beyond crunches on the mat.

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.

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 building activities for a low impact, mid-day workout. Athletic shoes recommended!

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

