

UMBC RECREATION

Group Fitness Schedule Summer 2015

May 26th—August 14th

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00	Fitness Basics Joshua (Track)		Fitness Basics Joshua (Track)		Fitness Basics Joshua (Track)
4:30	ABsolution Jasmin	ABsolution Ricardo	ABsolution Jasmin	Circuit Weight Training Yvonne	
5:00	Cardio Party Jasmin	Bootcamp Ricardo	Cardio Party: Street Jasmin	Cardio Kickboxing Yvonne	Pilates Tiffany
6:00	Yoga Laura		Yoga Laura		

ABsolution Abdominal, back, and core training to strengthen and tone your entire midsection.

Circuit Weight Tone your arms, core and back with this interval based body pumping course.

Boot Camp Using weights, medicine balls, jump ropes, and athletic drills you are in for a fast paced, high intensity, total body workout.

Fitness Basics Combine moderate intensity walking with basic strength building activities for a low impact, mid-day workout.

Cardio Party Dance non-stop to the latest party rocking hits. This easy to follow cardio dance class will get your heart pumping.

Cardio Kick Boxing This intense, boxing-inspired workout is guaranteed to make you sweat! Join us for athletic interval training and a full body toning experience.

Cardio Party: Street This hip-hop based cardio dance class is a guaranteed workout. Build your skills or just have fun.

Yoga The perfect course to relieve stress and restore personal energy. Increase your strength, flexibility and mind body awareness by breathing through poses. Experience Hatha Yoga with Laura.

Pilates A low-impact total body workout that focuses on core strength. All fitness levels welcome!

Classes are FREE to all UMBC students, faculty, staff, and RAC members.

No experience necessary. Athletic shoes required.

Unless noted all classes are held in the RAC fitness studio.

Recreation Office 410-455-1539 RAC Front Desk 410-455-8888

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

