

# Group Fitness ~ Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30-1		Yoga With Joe <small>Registration Required</small>			
4pm					Step & Sculpt
4:30	Ab Crunch	Ab Crunch	Ab Crunch	Ab Crunch	
5pm	Cardio Box	Zumba	TBA <small>Check back soon</small>	Zumba	Flow Yoga
6pm	Hip Hop Funk	Flow Yoga	Power Training	TBA <small>Check back soon</small>	

All classes are held in the RAC Fitness Studio. Please sign up for **EACH** class the day of, at the RAC Front Desk, 410-455-8888

Classes are **FREE** for all students, faculty, staff, and RAC members.

For more information visit us at [my.umbc.edu/groups/fitness-at-therac](http://my.umbc.edu/groups/fitness-at-therac). Be sure to join the group to stay informed about updates and new programs!