**UMBC SUMMER 2014 Group Fitness Schedule**

**May 27th – August 24th**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **7:15-8:15** | **Vinyasa Yoga**  **Katie** |  | **Vinyasa Yoga**  **Katie** |  |  |
| **12:00-1:00** | **Fitness Basics**  **Sana (Track)** |  | **Fitness Basics**  **Sana (Track)** |  | **Fitness Basics**  **Sana (Track)** |
| **Piyo Pilates**  **Lauren** | **Piyo Pilates**  **Lauren** |  |
| **4:30-5:00** | **AB Crunch**  **Jasmin** | **Core Crunch**  **Yvonne** | **AB Crunch**  **Jasmin** | **AB Crunch**  **Kevin** | **4:30 – 5:30**  **\*Buns & Thighs\***  **Jasmin** |
| **5:00-6:00** | **Cardio Party**  **Jasmin** | **Kickboxing**  **Yvonne** | **Cardio Party Street**  **Jasmin** | **Insanity**  **Lauren** |  |
| **6:00-7:00** | **Hatha Yoga**  **Lauren** |  | **Hatha Yoga**  **Lauren** |  |  |

***Please check myUMBC Recreation at the RAC or call the RAC Front Desk at 410-455-8888 for updates.***