

UMBC Recreation

Group Fitness Schedule Winter 2015

January 5th - January 25th

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00	<i>Fitness Basics Sana (Arena Track)</i>	<i>Fitness Basics Sana (Arena Track)</i>	<i>Fitness Basics Sana (Arena Track)</i>	<i>Fitness Basics Sana (Arena Track)</i>	<i>Fitness Basics Sana (Arena Track)</i>
12:00-1:00		<i>BOOT CAMP RICARDO</i>		<i>BOOT CAMP RICARDO</i>	
4:30-5:00	<i>Ab Crunch Jasmin</i>		<i>Ab Crunch Jasmin</i>	<i>Ab Crunch Yvonne</i>	
5:00-6:00	<i>Cardio Party Jasmin</i>	<i>Vinyasa YOGA Camille</i>	<i>Cardio Party Street Jasmin</i>	<i>Kickboxing Yvonne</i>	<i>YOGA Debi</i>
6:00-7:00	<i>Piyo Pilates Lauren</i>	<i>Zumba Shahrzad</i>	<i>Piyo Pilates Lauren</i>	<i>Zumba Shahrzad</i>	

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!

Cardio Party Street Come out and groove in this high energy, low impact cardio class. These moves are "sharper" and more rhythmic and met with a more urban style of music. Get a great workout while you learn moves you can take out on the dance floor.

Kickboxing Athletic interval training using techniques borrowed from boxing and kickboxing. An intense workout guaranteed to make you sweat!

Piyo Pilates PIYO is a unique blend of strength training and core conditioning – a perfect combination of Pilates & Yoga set to vibrant music. It is all about energy, power and rhythm.

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!

Boot Camp A total body targeted work out that focuses on flexibility, muscular strength and muscular endurance.

Yoga Hatha yoga is designed to help you unwind, relax, and restore personal energy. Class features postures, meditation, and breathing.

Classes are FREE to all UMBC students, faculty, staff, and RAC members.
All classes are taught in the Fitness Studio except Basic Fitness Class (Arena Track)
Join the myUMBC Fitness and Wellness Group for information on ways to stay fit

<http://my.umbc.edu/groups/fitness-at-therac>

Office of Rec Sports 410-455-6883

RAC Front Desk 410-455-8888

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

