

UMBC RECREATION
Group Fitness Schedule Fall 2015
August 26th—December 11th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:05 AM	Yoga (Chelsea)	Boot Camp (Lori)	Yoga (Chelsea)	T.B.C. (Chelsea)	Boot Camp (Lori)
12PM	Zumba (Janet)	Yoga with Joe (11:30a—1p)	Zumba (Janet)		
12PM (Indoor Track)	Fitness Basics (Joshua)	Fitness Basics (Joshua)	Fitness Basics (Joshua)	Fitness Basics (Joshua)	Fitness Basics (Joshua)
4:30PM	ABsolution (Jenn)	ABsolution (Ricardo)	ABsolution (Jasmin)	Circuit Wt. Training (Yvonne)	4:30-5:30* Pilates (Abril)
5PM	Zumba (Jenn)	Boot Camp (Ricardo)	Cardio Party (Jasmin)	Cardio Kickboxing (Yvonne)	
6PM	Yoga (Lori)	Zumba (Shahrzad)	Pound (Jenn)	Yoga (Laura)	5:30-7* Integrated Yoga (Abril)

ABsolution **

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

Boot Camp ***

Fast paced, high-intensity, total body workout that uses weights, medicine balls, jump ropes and athletic drills.

Cardio Kickboxing ***

Intense, boxing-inspired workout using athletic interval training to create a full body toning experience.

Cardio Party **

Non-stop dance party designed to get your heart pumping while building your skills or just having fun.

Circuit Weight Training ***

Interval based body pumping course designed to tone your arms, core and back.

Fitness Basics *

Moderate intensity walking and basic strength building activities for a low-impact, individually designed mid-day workout.

Pilates**

Low-impact, total body mat workout that focuses on core strength.

Pound **

Full-body jam session fusing cardio, Pilates, plyometric, isometric movements with constant drumming.

TBC—Total Body Circuit**

Full body resistance workout using dumbbells, bands and bodyweight exercises to target the upper/lower body and core.

Yoga *

Energy restoring course designed to increase strength, flexibility and mind body awareness through poses.

Zumba *

Easy to follow, non-stop cardio dance course set to Latin, and World music.

* *easy for most*
 ** *moderate for most*
 *** *advanced for some*

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

No experience necessary. Athletic shoes/attire required.

Classes are held in the RAC Fitness Studio unless noted.

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

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

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