

# UMBC SUMMER 2014 RECREATION SCHEDULE

## May 27<sup>th</sup> – August 24<sup>th</sup>

### RAC BUILDING HOURS

Monday - Friday                      7:00 AM - 9:00 PM  
 Saturday & Sunday                12:00 PM - 6:00 PM

### RAC GYMNASIUM

Monday - Friday                      7:00 AM - 9:00 PM  
 Saturday & Sunday                12:00 PM - 6:00 PM

**NOTE: Track, and/or RAC Gymnasium may be closed due to  
 Summer Day Camp and/or P.E. classes.**

### WEIGHT ROOM (RFC)

Monday, Wednesday, Friday    7:00 AM - 9:00 PM  
 Tuesday & Thursday            7:00 AM - 9:00 AM                      11:00AM - 9:00PM  
 Saturday & Sunday                12:00 PM - 6:00 PM

### POOL

Monday - Friday                      12:00 PM - 2:00 PM                      5:00 PM - 8:00PM  
 Saturday                                12:00 PM – 5:30 PM  
 Sunday                                    12:00 PM – 5:30 PM

### **GROUP FITNESS CLASSES (Fitness Studio)**

	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.*