

Group Fitness ~ Fall 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 To 12:50	Ab Crunch Plus Sana				Zumba Toning Olesya
4pm					
4:30	Ab Crunch Tiffanie	Ab Crunch Yvonne	Ab Crunch Tsisana	Ab Crunch Sana	Step & Sculpt Katie
5pm	Power Training Tiffanie	Cardio Box Yvonne	Step Tsisana	Zumba Olesya	Power Stretch Katie
6pm	Pilates, Core, and More Tsisana	Power Stretch Debi	Strength Circuit Aaron		

Ab Crunch
*25 minutes

A targeted workout of abdominal, back, and core training to strengthen and tone your entire midsection. Plus extends the workout to 45 minutes!

Cardio Box

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

Step

Fun, easy to follow step aerobics with an emphasis on cardiovascular training and safety.

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!

Power Training

An intense yet safe workout which incorporates a variety of athletic strength training movements for a fun and challenging workout.

Power Stretch

A flowing combination of moves borrowed from yoga, pilates and strength training designed to increase strength, flexibility, and relaxation.

Strength Circuit

Use weights, medicine balls, and your own body resistance for a quick paced strength based class. A great total body workout!

Pilates, Core & More

Fluid movements link together to build strong and flexible muscles, emphasizing core stability and strength.

Zumba Toning

Add light weights to your favorite Latin dance party for an additional upper and lower body bonus! You can use our own light weights or purchase your own special Zumba toning stick maracas for even more fun. See Olesya for more information.

Step & Sculpt

Easy to follow step routines to get your heart pumping combine with intense upper and lower body strength and endurance work to tone and sculpt the body.

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

Class size is limited; please sign up for **EACH** class session the day before at the RAC front desk or by calling 410-455-8888.

Unless noted all classes are held in the RAC fitness studio.

Classes begin Tuesday, August 31