

Group Fitness ~ Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30		Mixed Level Yoga Joe *Registration required			
12:05 To 12:50					
4pm					
4:30	Ab Crunch Sabrina	Ab Crunch Amber	Ab Crunch Sana	Ab Crunch Erica	Step & Sculpt Katie
5pm	Cardio Box Sabrina	Zumba Olesya & Kimberly	Boot Camp Kelly	Zumba Olesya	Flow Yoga Katie
6pm	Hip Hop Funk Sabrina	Flow Yoga Debi	Power Training Aaron		

Ab Crunch
*25 minutes

A targeted workout of abdominal, back, and core training to strengthen and tone your entire midsection.

Flow Yoga

Link breath and body in this movement based yoga practice that is designed to increase strength, flexibility, and relaxation.

Cardio Box

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

Step & Sculpt

Basic, cardiovascular step routines combine with weight and resistance exercises to boost your energy and endurance.

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!

Hip Hop Funk

Come out and groove in this high energy, low impact cardio class. Get a great workout to the latest music while you learn moves you can take out on the dance floor. No dance experience necessary!

Power Training

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

Mixed Level Yoga

Unwind, refresh, and restore your personal energy with this progressive multi-level yoga class. Develop strength, openness, alignment, and body awareness with a progressive series of standing and seated poses and inversions. Beginners and those with previous yoga experience are welcome. Register at umbc.edu/recsports

Boot Camp

This fun, high-energy, group workout is designed to build strength and stamina through a mix of traditional calisthenics and strength training exercises.

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 Thursday, January 26