### Group Fitness Schedule: August 31 - December 16

**MONDAY**
- **7:05AM** Yoga Varghese
- **12:00PM** Fitness Basics* Joshua
- **4:00PM** TBC Jenn
- **6:00PM** Yoga Daksha

**TUESDAY**
- **7:05AM** Yoga Varghese
- **12:00PM** Fitness Basics* Joshua
- **4:00PM** Core&More Sharzhad
- **6:00PM** Zumba Street Jasmin

**WEDNESDAY**
- **7:05AM** Yoga Varghese
- **12:00PM** Fitness Basics* Joshua
- **4:00PM** Core&More Yogurtur
- **6:00PM** Yoga Daksha

**THURSDAY**
- **7:05AM** Yoga Varghese
- **12:00PM** Fitness Basics* Joshua
- **4:00PM** Core&More Sharzhad
- **6:00PM** Yoga Daksha

**FRIDAY**
- **7:05AM** Yoga Varghese
- **12:00PM** Fitness Basics* Joshua
- **4:00PM** TBC Janet
- **6:00PM** Yoga Daksha

**SUNDAY**
- **7:05AM** Yoga Varghese
- **12:00PM** Fitness Basics* Joshua
- **4:00PM** TBC Janet
- **6:00PM** Yoga Daksha

---

**Jillian Michael’s **BODYSHRED** is a high intensity metabolic conditioning workout that combines strength, cardio, and abdominal training.

**CARDIO PARTY** is a non-stop dance party to the latest hits designed to get your heart pumping. Learn new moves, build your skills or just have fun while building endurance. **(CARDIO PARTY STREET) is the hip-hop version of Cardio Party**

**CIRCUIT WEIGHT TRAINING** provides attendees with the opportunity to learn forms and style of lifting to get more comfortable with weights while building strength, gaining muscle mass and pushing yourself to the next level.

**CORE AND MORE** conditions and strengthens the entire midsection and more. Using free weights and bands, as well as your own body weight, you can expect to gain more tone and endurance.

**FITNESS BASICS** is a low-impact, individually designed mid-day workout.

**KICKBOXING** combines martial art inspired moves and athletic conditioning moves to sculpt, tone and challenge your body head to toe.

**PILATES** is a low-impact, total body mat workout that focuses on core strength.

**POUND** is an exhilarating full-body workout that uses drumming to combine cardio, conditioning, and strength training with yoga and pilates-inspired movements. Instead of listening to music, you become the music!

**POWER HOUR** is an intense full body workout of compound movements inspired by cross-fit and calisthenic workouts that apply to daily moving patterns improving cardio and strength.

The **RHYTHM RUMBLE** Workout is an explosive cardio and strengthening exercise system that combines martial arts and dance into a full body workout that gets results. Unlike conventional aerobic exercise systems, the Rhythm Rumble Workout is designed to work individually or with a partner, resulting in a more intense and exciting workout experience.

**TBC** is a total body endurance training workout. Using various weights, resistance equipment, and body weight vs. gravity, you’ll tone and strengthen your muscles while burning calories.

**TONE ZONE** is 50 mins of strengthening and toning of your buns, thighs and abs. Great music, laughter and fun is definitely required!

**YOGA** classes enhance physical strength and suppleness, and improve body-, breath- and self-awareness through practice of an evolving series of standing, seated, and reclining poses and elementary inversions. Beginners and those with previous yoga experience are welcome.

**ZUMBA** is a Latin-inspired class involving dance and aerobic movements performed to energetic music. The choreography can incorporate hip-hop, African, salsa, merengue, Dancehall, and Bollywood.

* Held on RAC Arena Track

Classes are FREE to all UMBC students, faculty/staff and RAC members. No experience necessary. Athletic shoes/attire required. All group fitness classes held in RAC Fitness Studio unless noted.

Fitness & Wellness | 410-455-1539 | Room 321 | Group Fitness Front Desk | 410-455-8888