

# UMBC RECREATION

## Group Fitness Schedule Spring 2015

### January 26th-May 15th

	Monday	Tuesday	Wednesday	Thursday	Friday
7:05	PiYo Pilates Lauren	Yoga Chelsea	PiYo Pilates Lauren	Yoga Chelsea	Yoga Chelsea
		11:30-1:00 Yoga with Joe		11:30—12:30 Buns/Thighs Jasmin	
12:00	Fitness Basics Sana (Track)	Fitness Basics Sana (Track)	Fitness Basics Sana (Track)	Fitness Basics Sana (Track)	Fitness Basics Sana (Track)
	Zumba Shweta		Zumba Shweta		
4:30	Ab Crunch Jasmin	Ab Crunch Ricardo	Ab Crunch Jasmin	Circuit Weight Training Yvonne	4:30—5:30 Yoga Debi
5:00	Cardio Party Jasmin	Step and Sculpt Ricardo	Cardio Party: Street Jasmin	Cardio Kickboxing Yvonne	
6:00	Zumba Shahzad	Yoga Kim	Zumba Shahzad	Yoga Camille	

#### Ab Crunch

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

#### Boot Camp

Using weights, medicine balls, athletics drills and jump ropes, you and your body are in for a quick paced, high intensity, total body workout.

#### Buns & Thighs

This is a workout specifically targeting the lower body with fat blasting movements and Pilates inspired mat work.

#### Cardio Party

Dance non-stop to the latest party rocking hits. This easy to follow cardio dance class will get your heart pumping.

#### Cardio Party: Street

This hip-hop based cardio dance class is a guaranteed workout. Build your skills or just have fun.

#### Circuit Weight Training

Tone your arms, core and back with this interval based body pumping course.

#### Fitness Basics

Combine moderate intensity walking with basic strength building activities for a low impact, mid-day workout.

#### Cardio Kickboxing

This intense, boxing-inspired workout is guaranteed to make you sweat! Join us for athletic interval training and a full body toning experience.

#### Step & Sculpt

Strength training, cardio and music with a step! This class will tone your legs and strengthen your heart.

#### PiYo Pilates

Energy. Power. Rhythm. This strength training and core conditioning course is the perfect combination of Pilates and Yoga.

#### Yoga

The perfect course to relieve stress and restore personal energy. Increase your strength, flexibility and mind body awareness by breathing through poses. Experience Hatha Yoga with Joe, Chelsea and Kim. Flow Yoga with Debi and Vinyasa Yoga with Camille.

#### Zumba

This Latin-based dance cardio class is easy to follow and energy-filled! Come join the fun and move your way!

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

No experience necessary. Athletic shoes required.

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



Recreation Office 410-455-1539 RAC Front Desk 410-455-8888  
[my.umbc.edu/groups/fitness-at-therac](http://my.umbc.edu/groups/fitness-at-therac)

