

GROUP FITNESS SCHEDULE SUMMER 2016

	m	7	W	Th	7
12PM Arena Trac	FITNESS BASICS Joshua		FITNESS BASICS Joshua		FITNESS BASICS Joshua
12 <mark>Pm</mark>	R.I.P.P.E.D. Cat	PIYO Lauren	BODYSHRED Cat	BUNS&THIGHS Jasmin	CARDIO PARTY Jasmin
4 <mark>PM</mark>		CORE&MORE Alex		CIRCUIT WEIGHT TRAINING Yvonne	PIYO Lauren
5PM	CARDIO PARTY: STREET Jasmin	TOTAL BODY CIRCUIT Alex	POUND Jenn	CARDIO KICKBOXING Yvonne	(4:30-5:30p)
6PM	YOGA Dakshayini	View	ZUMBA Janet		YOGA Dakshayini (5:30—7p)

JILLIAN MICHAEL'S BODYSHRED A fun and effective high intensity metabolic conditioning workout that combines strength, cardio, and abdominal training.

BUNS & THIGHS A variety of fat-blasting movements and lower-body

sculpting to specifically target the lower body.

<u>CORE & MORE</u> Class focusing on core and it's assisting muscles.

<u>CARDIO KICKBOXING</u> Intense, boxing-inspired workout that created a full body toning experience.

CARDIO PARTY & CARDIO PARTY: STREET Non-stop dance party to the latest hits designed to get your heart pumping. CP St: Hip Hop version.

FITNESS BASICS A low-impact, individually designed mid-day workout.

PIYO

Combines muscle-sculpting core-firming benefits of Pilates with strength and flexibility of Yoga.

POUND

Sec. 1 1 183-300

Drumming class fusing cardio, Pilates, plyometric, isometric movements. Drum sticks provided.

R.I.P.P.E.D.

A total body workout divided into 6 sections utilizing resistance and cardio training.

TOTAL BODY CIRCUIT

Intense circuit work consisting of strength training, cardio intervals and much more.

YOGA

Energy restoring course designed to increase flexibility and mind body awareness through poses.

ZUMBA

Easy to follow, non-stop cardio dance course set to Latin, pop and World music.

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

Rec Office: 410*455*1539 | RAC Front Desk: 410*455*8888 | my.umbc.edu/groups/fitness-at-the-rac | @UMBCrec



RECREATION SCHEDULE SUMMER 2016

RAC BUILDING HOURS Monday—Friday Saturday & Sunday

7:00AM—9:00PM 12:00PM-6:00PM

RAC GYMNASIUM Monday-Friday Saturday & Sunday

7:00AM-9:00PM 12:00PM—6:00PM

Note: Track and/or RAC Gymnasium may be closed due to Summer Camp and/or P.E. classes.

WEIGHT ROOM (RFC) Monday, Wednesday, Friday Tuesday & Thursday Saturday & Sunday

M

POOL Monday-Friday Saturday Sunday 7:00AM-9:00PM 7:00AM-10:00AM 12:00PM -6:00PM

12:00PM-2:00PM

12:00PM-5:30PM

12:00PM-5:30PM

1

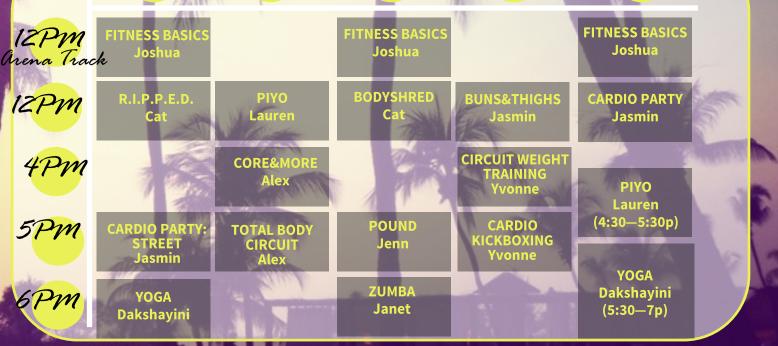
12:00PM-9:00PM

5:00PM-8:00PM

Th

W

7



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