



# GROUP FITNESS SCHEDULE SUMMER 2016

May 31—August 21

	M	T	W	Th	F
12PM <i>Arena Track</i>	FITNESS BASICS Joshua		FITNESS BASICS Joshua		FITNESS BASICS Joshua
12PM	R.I.P.P.E.D. Cat	PIYO Lauren	BODYSHRED Cat	BUNS&THIGHS Jasmin	CARDIO PARTY Jasmin
4PM		CORE&MORE Alex		CIRCUIT WEIGHT TRAINING Yvonne	PIYO Lauren (4:30-5:30p)
5PM	CARDIO PARTY: STREET Jasmin	TOTAL BODY CIRCUIT Alex	POUND Jenn	CARDIO KICKBOXING Yvonne	
6PM	YOGA Dakshayini		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.

### **CORE & MORE**

Class focusing on core and it's assisting muscles.

### **CARDIO KICKBOXING**

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**

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.



# RECREATION SCHEDULE SUMMER 2016

*May 31—August 21*

## RAC BUILDING HOURS

Monday—Friday 7:00AM—9:00PM  
Saturday & Sunday 12:00PM-6:00PM

## RAC GYMNASIUM

Monday-Friday 7:00AM-9:00PM  
Saturday & Sunday 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 7:00AM-9:00PM  
Tuesday & Thursday 7:00AM-10:00AM 12:00PM-9:00PM  
Saturday & Sunday 12:00PM -6:00PM

## POOL

Monday-Friday 12:00PM-2:00PM 5:00PM-8:00PM  
Saturday 12:00PM-5:30PM  
Sunday 12:00PM-5:30PM

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*12PM  
Arena Track*

**FITNESS BASICS**  
Joshua

**FITNESS BASICS**  
Joshua

**FITNESS BASICS**  
Joshua

*12PM*

**R.I.P.P.E.D.**  
Cat

**PIYO**  
Lauren

**BODYSHRED**  
Cat

**BUNS&THIGHS**  
Jasmin

**CARDIO PARTY**  
Jasmin

*4PM*

**CORE&MORE**  
Alex

**CIRCUIT WEIGHT  
TRAINING**  
Yvonne

**PIYO**  
Lauren  
(4:30—5:30p)

*5PM*

**CARDIO PARTY:  
STREET**  
Jasmin

**TOTAL BODY  
CIRCUIT**  
Alex

**POUND**  
Jenn

**CARDIO  
KICKBOXING**  
Yvonne

*6PM*

**YOGA**  
Dakshayini

**ZUMBA**  
Janet

**YOGA**  
Dakshayini  
(5:30—7p)