

||| UMBC RECREATION |||

GROUP FITNESS

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FALL 2016

BUILDING HOURS

Mon-Thurs 7am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

RAC GYMNASIUM

Mon-Thurs 7am-8am
 10am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

WEIGHT ROOM

Mon-Thurs 7am-10am
 12pm-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

POOL

Mon-Fri 7:45am-9am
 11am-1pm
 7:30pm-9pm
 Sat 2pm-6pm
 Sun 12pm-6pm

CARDIO BALCONY

Mon-Thurs 7am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

ARENA TRACK

Mon-Thurs 7am-10pm
 Fri 7am-9pm
 Sat & Sun 12pm-7pm

C.A. Malone 8/17/16
 Approved for posting in Residential Facilities

UMBC50
 GRIT & GREATNESS

SCHEDULE: AUGUST 31 - DECEMBER 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:05AM	Yoga Varghese		Yoga Varghese	Yoga Varghese		
12:00PM	Fitness Basics* Joshua	Fitness Basics* Joshua	Fitness Basics* Joshua	Fitness Basics* Joshua	Fitness Basics* Joshua	
	Zumba Janet	Yoga with Joe (11:30-1)	Cardio Party Jasmin		Zumba Janet	
4:00PM	TBC Jenn	Core&More Cat	BodyShred Cat	Core&More Sharzhad		Rhythm Rumble Jenn
5:00PM	Cardio Party: Street Jasmin	Power Hour Joshua	Pound Jenn	Kickboxing Yvonne	Pilates Abril (4:30-5:30)	
6:00PM	Yoga Daksha	Zumba Sharzhad	Tone Zone Valerie	Circuit Weight Training Yvonne	Yoga Abril (5:30-7)	

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 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