

GROUP FITNESS

@UMBCREC | RECREATION.UMBC.EDU



JAN 30 - MAY 26

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

UMBC50
 GRIT & GREATNESS

SCHEDULE: JANUARY 30 - MAY 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:05AM	Yin Yoga Jasmine	Hatha Yoga Kathleen	Flow Jams Sarah	Vinyasa Yoga Jasmine	
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)	Zumba Tanshina	Core Yoga Kathleen	Zumba Janet
4:00PM	Core&More Cat	Yoga Maureen	Core&More Cat	Zumba Summer	
5:00PM	Cardio Party Jasmin	Boot Camp Cat	Zumba Jenn	Kickboxing Yvonne	Pilates Abril (4:30-5:30)
6:00PM	Rhythm Rumble Jenn	Flow Jams Sarah	Tone Zone Valerie	Circuit Weight Training Yvonne	Integrated Yoga Abril (5:30-7)

*Held on RAC Arena Track

BOOT CAMP Fast paced, high-intensity, total body workout that uses weights, medicine balls, jump ropes and athletic drills.

CARDIO PARTY 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.

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

CORE & 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.

CORE YOGA Bring awareness & strengthening to your core (abdomen, low back, thighs, glutes while providing improved stability, strength & stamina through standing, reclined & flowing postures.

FLOW JAMS Vinyasa flow linking mind, body, breath, and beats. Begin and end with a crescendo of heat-building poses in between. Prepare to get down, be present, and let your day go. You'll leave feeling grounded with a pep in your step.

HATHA YOGA Traditional yoga postures integrated with mindfulness, breathing and physical movements. Enjoy a warm up, slow flow, standing postures, balancing & a cool down that incorporates the whole body.

INTEGRATED YOGA 90-minute yoga fusion class that will encompass asana, pranayama and meditation; three elements that will strengthen and lengthen the body, balance the mind and give an overall sense of contentment.

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

PILATES is a low-impact, total body mat workout that focuses on core 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. Bring a partner!

TONE ZONE Let's kick off Spring with a great class that will tighten and strengthen your abs, buns and thighs, and a little more! And please keep in mind, great music, laughter and having FUN are required!

VINYASA YOGA Dynamic, flowing yoga practice that connects movement and breath in a fluid sequence including: dynamic stretching, sun salutations, balancing/standing postures, arm balance preparation and breath work.

YIN YOGA 60 minute yoga fusion class combining a mild flow, yin, and pranayama to target the connective tissues that aren't typically exercised as much during an active asana practice.

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.

YOGA W/ JOE 90-minute hatha yoga class designed to relieve stress and restore energy using yoga postures, meditation, and breathing exercises to improve strength, suppleness, mental focus and mind-body awareness.

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.

GAME ROOM FITNESS SPECIALS: Feb. 16, Mar. 10&16, Apr. 8, May 5
 Additional Information: recreation.umbc.edu

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 | RAC Front Desk | 410-455-8888