## Group Fitness Schedule Summer 2016

**May 31—August 21**

### Day and Time

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<tr>
<td>Arena Track</td>
<td>PIYO</td>
<td>BODYSHRED</td>
<td>BUNS&amp;THIGHS</td>
<td>CARDIO PARTY</td>
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<td>R.I.P.P.E.D. Cat</td>
<td>Core&amp;mORE</td>
<td>Alex</td>
<td>PIYO</td>
<td>Cardio Party</td>
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<tr>
<td>TOTAL BODY CIRCUIT</td>
<td>POUND</td>
<td>Jenn</td>
<td>Circuit Weight Training</td>
<td>Yvonne</td>
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<td>5PM</td>
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<tr>
<td>CARDIO PARTY: STREET</td>
<td>ZUMBA</td>
<td>Janet</td>
<td>PIYO</td>
<td>YOGA Dakshayini</td>
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<td>YOGA Dakshayini</td>
<td>Fitness Basics</td>
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### Classes Descriptions

**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.*

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