<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>7:05AM</strong></td>
<td><strong>YOGA</strong> VARGHESE</td>
<td><strong>R.I.P.P.E.D. CAT</strong></td>
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<td><strong>YOGA</strong> VARGHESE</td>
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<td><strong>12PM</strong></td>
<td><strong>FITNESS BASICS JOSHUA</strong></td>
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<tr>
<td><strong>12PM</strong> Arena</td>
<td><strong>ZUMBA JANET</strong></td>
<td><strong>11:30A - 1:00P</strong> YOGA W/ JOE</td>
<td><strong>ZUMBA JANET</strong></td>
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<td><strong>CARDIO PARTY JASMIN</strong></td>
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<tr>
<td><strong>4PM</strong></td>
<td><strong>CORE AND MORE ALEX</strong></td>
<td><strong>T.B.C. ALEX</strong></td>
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<td><strong>T.B.C. ALEX</strong></td>
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<td><strong>5PM</strong></td>
<td><strong>ZUMBA JENN</strong></td>
<td><strong>BOOT CAMP LAUREN</strong></td>
<td><strong>CARDIO PARTY: STREET JASMIN</strong></td>
<td><strong>CARDIO KICKBOXING YVONNE</strong></td>
<td><strong>4:30P - 5:30P PILATES ABRIL</strong></td>
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<tr>
<td><strong>6PM</strong></td>
<td><strong>YOGA DAKSHAYINI</strong></td>
<td><strong>ZUMBA SHAHRZAD</strong></td>
<td><strong>POUND JENN</strong></td>
<td><strong>YOGA DAKSHAYINI</strong></td>
<td><strong>5:30P - 7:00P YOGA ABRIL</strong></td>
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**Boot Camp**
Fast paced, high-intensity workout that uses weights, medicine balls, jump ropes and athletic drills.

**Core and More**
Class focusing on core and its assisting muscles. 4:30pm entry permitted.

**Cardio Kickboxing**
Intense, boxing-inspired workout that creates a full body toning experience.

**Cardio Party**
Non-stop dance party to the latest hits designed to get your heart pumping.

**Cardio Party: Street**
This hip-hop based cardio dance class is a guaranteed workout. Build your skills or just have fun.

**Fitness Basics**
A low-impact, individually designed mid-day workout.

**Pilates**
Low-impact, total body mat workout that focuses on core strength.

**Pound**
Full-body jam session fusing cardio, Pilates, plyometric, isometric movements with constant drumming. Drum sticks provided!

**R.I.P.P.E.D.**
A total body workout divided into 6 sections utilizing resistance and cardio training.

**T.B.C.—Total Body Circuit**
Intense circuit work consisting of strength training, cardio intervals and much more.

**Yoga**
Energy restoring course designed to increase strength, flexibility and mind body awareness through poses.

**Zumba**
Easy to follow, non-stop cardio dance course set to Latin, 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 Office 410-455-1539 RAC Front Desk 410-455-8888
@UMBCrec | my.umbc.edu/groups/fitness-at-therac