# GROUP FITNESS

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## SCHEDULE: JANUARY 30 - MAY 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>7:05AM</td>
<td>Yin Yoga Jasmine</td>
<td>Hatha Yoga Kathleen</td>
<td>Flow Jams Sarah</td>
<td>Vinyasa Yoga Jasmine</td>
<td>Fitness Basics* Joshua</td>
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<td>12:00PM</td>
<td>Fitness Basics* Joshua</td>
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<td></td>
<td>Zumba Janet</td>
<td>Yoga with Joe (11:30-1)</td>
<td>Zumba Tanshina</td>
<td>Core Yoga Kathleen</td>
<td>Zumba Janet</td>
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<td>4:00PM</td>
<td>Core&amp;More Cat</td>
<td>Yoga Maureen</td>
<td>Core&amp;More Cat</td>
<td>Kickboxing Yvonne</td>
<td>Pilates Abril (4:30-5:30)</td>
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<tr>
<td>5:00PM</td>
<td>Cardio Party Jasmin</td>
<td>Boot Camp Cat</td>
<td>Zumba Jenn</td>
<td>Circuit Weight Training Yvonne</td>
<td>Integrated Yoga Abril (5:30-7)</td>
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<tr>
<td>6:00PM</td>
<td>Rhythm Rumble Jenn</td>
<td>Flow Jams Sarah</td>
<td>Tone Zone Valerie</td>
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*Held on RAC Arena Track

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**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 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.

**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.

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**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.

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**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, salsas, merengue, Dancehall and Bollywood.

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**GAME ROOM FITNESS SPECIALS:** Feb. 16, Mar. 10, Apr. 6, May 5

Additional Information: recreation.umbc.edu

Classes are FREE to all UMBC students, faculty/staff and RAC members. No experience necessary. Athletic shoes/sneakers 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**