



GROUP FITNESS SCHEDULE SUMMER 2016

May 31—August 21

	M	T	W	Th	F
12PM <i>Arena Track</i>	FITNESS BASICS Joshua		FITNESS BASICS Joshua		FITNESS BASICS Joshua
12PM	R.I.P.P.E.D. Cat	ZUMBA Janet	BODYSHRED Cat	BUNS&THIGHS Jasmin	CARDIO PARTY Jasmin
4PM		CORE&MORE Cat		CIRCUIT WEIGHT TRAINING Yvonne	PIYO Lauren (4:30-5:30p)
5PM	CARDIO PARTY: STREET Jasmin	TOTAL BODY CIRCUIT Jenn	POUND Jenn	CARDIO KICKBOXING Yvonne	
6PM	YOGA Dakshayini		ZUMBA Janet		YOGA Dakshayini (5:30—7p)

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.

CIRCUIT WEIGHT TRAINING

Interval based body pumping course designed to tone your arms, core and back.

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.