

Group Fitness ~ Summer 2012

Revised, Session II

	Monday	Tuesday	Wednesday	Thursday
4:30	Ab Crunch Sana		Ab Crunch Katie	
5pm	Power Strength Aaron	Zumba Olesya	Step & Sculpt Katie	Zumba Olesya
6pm	Power Cardio Aaron		Flow Yoga Katie	

Ab Crunch
*25 minutes

A targeted workout of abdominal, back, and core training to strengthen and tone your entire midsection.

Flow Yoga

Link breath and body in this movement based yoga practice that is designed to increase strength, flexibility, and relaxation.

Power Strength

Athletic interval training with a focus on muscular strength. Quick paced intervals using weight, resistance, and your own body for a high intensity, powerful workout

Step & Sculpt

Basic, cardiovascular step routines combine with weight and resistance exercises to boost your energy and endurance.

Zumba

Come join the party and dance your way to fitness. Zumba combines Latin music and dance for a fun, energy filled workout for everyone!

Power cardio

An intense yet safe workout which incorporates a variety of athletic training movements with an emphasis on cardiovascular strength and endurance. A high intensity, fun, and challenging workout.

Classes are **FREE** to all UMBC students, faculty, staff, and RAC members.

Class size is limited; please sign up for **EACH** class session the day before at the RAC front desk or by calling 410-455-8888.

Unless noted all classes are held in the RAC fitness studio.