

UMBC WINTER 2015 RECREATION SCHEDULE

JANUARY 5 - 25

RAC BUILDING HOURS

Monday - Friday 7:00 AM - 9:00 PM
 Saturday 12:00 PM - 6:00 PM
 Sunday 12:00 PM - 6:00 PM

RAC GYMNASIUM

Monday - Thursday 7:00 AM - 9:00 AM 4:00 PM – 9:00 PM
 Friday 7:00 AM - 9:00 PM
 Saturday 12:00 PM - 6:00 PM
 Sunday 12:00 PM - 6:00 PM

NOTE: Track, and/or RAC Gymnasium may be closed due to P.E. classes or varsity practice.

FITNESS CENTER/ WEIGHT ROOM (RFC)

Monday - Thursday 7:00 AM - 9:00 AM 12:00 PM – 9:00 PM
 Friday 7:00 AM – 9:00 PM
 Saturday 12:00 PM - 6:00 PM
 Sunday 12:00 PM - 6:00 PM

POOL

Monday - Friday 11:00 AM -1:00 PM 7:30 PM - 9:00 PM
 Saturday 2:00 PM - 5:30 PM
 Sunday 12:00 PM - 5:30 PM

GROUP FITNESS CLASSES (Fitness Studio)

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00	Fitness Basics* (Arena Track) Sana	Fitness Basics* (Arena Track) Sana Boot Camp Ricardo	Fitness Basics* (Arena Track) Sana	Fitness Basics* (Arena Track) Sana Boot Camp Ricardo	Fitness Basics* (Arena Track) Sana
4:30	Ab Crunch Jasmin		Ab Crunch Jasmin	Ab Crunch Yvonne	
5:00	Cardio Party Jasmin	Vinyasa Yoga Camille	Cardio Party Street Jasmin	Kickboxing Yvonne	Yoga Debi
6:00	Piyo Pilates Lauren	Zumba Shahzad	Piyo Pilates Lauren	Zumba Shahzad	

Monday January 19 - No Recreation

Please check myUMBC Recreation at the RAC or call the RAC Front Desk 410-455-8888 for updates.