

# ***UMBC SPRING 2015 RECREATION SCHEDULE JANUARY 26 – MAY 22***

## **RAC BUILDING HOURS**

Monday - Thursday            7:00 AM - 10:00 PM  
 Friday                            7:00 AM - 9:00 PM  
 Saturday & Sunday            12:00 PM - 7:00 PM

## **RAC GYMNASIUM**

Monday - Thursday            7:00 AM - 10:00 PM  
 Friday                            7:00 AM - 9:00 PM  
 Saturday & Sunday            12:00 PM - 7:00 PM

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

## **WEIGHT ROOM (RFC)**

Monday - Thursday            7:00 AM - 10:00 AM                            12:00PM – 10:00 PM  
 Friday                            7:00 AM – 9:00 PM  
 Saturday & Sunday            12:00 PM - 7:00 PM

## **POOL**

Monday - Friday                7:45 AM – 9:00 AM                            11:00 AM - 1:00 PM                            7:30 PM - 9:00PM  
 Saturday                        2:00 PM – 6:00 PM  
 Sunday                            12:00 PM – 6:00 PM

## **GROUP FITNESS CLASSES (Fitness Studio)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7:05</b>	<i>Piyo Pilates Lauren</i>	<i>Yoga Chelsea</i>	<i>Piyo Pilates Lauren</i>	<i>Yoga Chelsea</i>	<i>Yoga Chelsea</i>
		<b>11:30-1:00</b> <i>Yoga Joe</i>		<b>11:30 – 12:30</b> <i>Buns/Thighs Jasmin</i>	
<b>12:00</b>	<i>Fitness Basics Sana (Track)</i>	<i>Fitness Basics Sana (Track)</i>	<i>Fitness Basics Sana (Track)</i>	<i>Fitness Basics Sana (Track)</i>	<i>Fitness Basics Sana (Track)</i>
	<i>Zumba Shweta</i>		<i>Zumba Shweta</i>		
<b>4:30</b>	<i>Ab Crunch Jasmin</i>	<i>Ab Crunch Ricardo</i>	<i>Ab Crunch Jasmin</i>	<i>Circuit Wt. Training Yvonne</i>	<b>4:30 – 5:30</b> <i>Yoga Debi</i>
<b>5:00</b>	<i>Cardio Party Jasmin</i>	<i>Step &amp; Sculpt Ricardo</i>	<i>Cardio Party:Street Jasmin</i>	<i>Cardio Kickboxing Yvonne</i>	
<b>6:00</b>	<i>Zumba Shahrzad</i>	<i>Yoga Kim</i>	<i>Zumba Shahrzad</i>	<i>Yoga Camille</i>	

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