

**UMBC RECREATION**  
**Group Fitness Schedule Winter 2016**  
**January 4th—January 22nd**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12PM	Fitness Basics Joshua (Indoor Track)	Zumba Janet	Fitness Basics Joshua (Indoor Track)	Zumba Janet	Fitness Basics Joshua (Indoor Track)
430PM	ABsolution Jenn	ABsolution Cat	ABsolution Jasmin	ABsolution Yvonne	Pilates Abril 4:30—5:30
5PM	Zumba Jenn	RIPPED Cat	Cardio Party Jasmin	Circuit Weight Training Yvonne	
6PM	Yoga Dee	Cardio Party: Street Jasmin	Yoga Varghese	Cardio Kickboxing Yvonne	Yoga Abril 5:30-7

**ABsolution**

Abdominal, back and core training to strengthen your entire midsection.

**Cardio Kickboxing**

Intense, boxing-inspired workout using athletic interval training to create a full body toning experience.

**Cardio Party**

Dance non-stop to the latest hits. This easy to follow cardio dance class will get your heart pumping!

**Cardio Party: Street**

This hip-hop based cardio dance class is a guaranteed workout. Build your skills or just have fun!

**Circuit Weight Training**

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

**Fitness Basics**

Moderate intensity walking and basic strength building activities for a low-impact, individually designed mid-day workout.

**Yoga**

Energy restoring course designed to increase strength, flexibility and mind body awareness through poses.

**Zumba**

Easy to follow, non-stop cardio dance course set to Latin and World music.

Classes are FREE to all UMBC students, faculty/staff and RAC members. No experience necessary. Athletic attire required. Classes are held in the RAC Fitness Studio unless noted.

