

Group Fitness ~ Winter 2012

*****classes begin January 3*****

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00					Zumba Toning Olesya
4:30	Interval Training Aaron		Ab Crunch Sana	Ab Crunch Sana	
5pm		Ab Crunch Sabrina	Cardio Box Yvonne	Interval Training Aaron	Zumba Olesya
6pm	Hip Hop Funk Sabrina	Core & More Yvonne	Flow Yoga Debi		

Ab Crunch

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

Cardio Box

Athletic interval training using techniques borrowed from boxing and kickboxing. An intense workout guaranteed to make you sweat!

Hip Hop Funk

Come out and groove in this high energy, low impact cardio class. Get a great workout to the latest music while you learn moves you can take out on the dance floor. No dance experience necessary!

Interval Training

An intense yet safe workout which incorporates a variety of athletic strength training movements for a fun and challenging workout.

Core & More

Core training to help you with any life activity; improve strength, tone, endurance and flexibility. With weights or stability bar.

Flow Yoga

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

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!

Zumba Toning

Add light weights to your favorite Latin dance party for an additional upper and lower body bonus! You can use our light weights, or purchase your own special Zumba toning stick maracas for even more fun. See Olesya for more information.

Classes are free to all UMBC students, faculty, staff, and RAC members. Class size is limited, please sign up for EACH class the day before at the RAC front desk or by calling 410-455-8888. All classes are held in the RAC fitness studio.