

Group Fitness ~ Summer 2012

	Monday	Tuesday	Wednesday	Thursday
4:30	Ab Crunch Sabrina		Ab Crunch Katie	
5pm	Cardio Box Sabrina	Zumba Olesya	Step & Sculpt Katie	Flow Yoga Debi 6/1-6/28 Zumba Olesya 7/5-8/23
6pm	Hip Hop Funk Sabrina		Power Training Aaron	

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.

Cardio Box

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

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!

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!

Power Training

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

Classes begin Tuesday, May 29

Office of Rec Sports 410-455-6883 RAC Front Desk 410-455-8888 www.umbc.edu/athletics/Recreation