

Group Fitness ~ Fall 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 To 12:50			Ab Crunch Plus Meaghan		
4pm					Butts and Guts Katie
4:30	Ab Crunch Sabrina	Ab Crunch Sana	Ab Crunch Tsisana	Ab Crunch Sana	
5pm	Cardio Box Sabrina	Zumba Olesya	Step Tsisana	Belly Dance Meaghan	Power Stretch Katie
6pm	Hip Hop Funk Sabrina	Power Stretch Debi	Pilates, Core, and More Tsisana	Power Training Sarah	

Ab Crunch
*25 minutes

A targeted workout of abdominal, back, and core training to strengthen and tone your entire midsection. Plus extends the workout to 45 minutes!

Power Stretch

A flowing combination of moves borrowed from yoga, pilates and strength training 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!

Belly Dance

Express yourself and strengthen your body. Use your abdominals, arms, and hips while improving your coordination. A great workout for all ages and sexes!

Step

Fun, easy to follow step aerobics with an emphasis on cardiovascular training and safety.

Pilates, Core & More

Fluid movements link together to build strong and flexible muscles, emphasizing core stability and strength.

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.

Butts & Guts

Non-stop cardio, strength, and endurance intervals will get your heart rate and your metabolism pumping. A simple but effective high energy workout targeting the lower body.

*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, September 1