

Group Fitness Class Descriptions

Resist-a-ball - a stability/fitness ball is used to offer a heart pumping and core muscles building exercise class

Step - a high energy cardio class that offers beginners and intermediate participants various step choreography

Core—this class utilizes all resources to strengthen the “powerhouse” - abs, lower back and glutes

Body Tone - a resistance training class that will work all major muscles groups and those you didn't know you had too! Time for a change!

Group Cycling - a class for all fitness levels that closely resembles a ride of the road, encountering challenges of hills, jumps, intervals and sprints

Pilates - Classes will combine stretching and strengthening routines designed to work the “core muscles” of the body

Pilates Sculpt - Resistance bands and a variety of apparatuses are used to gain stronger and flexible muscles, increase coordination, and improve balance and posture

Yoga - postures, breathing and meditation are integrated together to promote flexibility, strength, stability and energy

Zumba® - fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away

Classes are a minimum of 50 minutes and a maximum of 60 minutes long.

Group Fitness Schedule – Fall 2009 (revised 9/4/09) **Aerobics and Conditioning, Group Cycling, Zumba, Pilates, and Yoga**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00am Group Cycling Caroline Room 504		7:00am Group Cycling Erika Room 504	7:00am Group Cycling Caroline Room 504		
	12:15pm Resist-a-Ball Lisa Room 349	12:00pm Pilates Elaine Room 415	12:15pm Resist-a-Ball Lisa Room 349	12:00pm Group Cycling Julie Room 504	12:00pm Body Tone Julie Room 415	
	12:30pm Yoga Frances Room 407	12:00pm Zumba Chloe Pratt Ath. Fac.	5:15pm Pilates Sculpt Jackie Room 415	12:15pm Yoga Joe Room 415		
	5:15pm Pilates Sculpt Jackie Room 415	5:15pm Yoga Elaine Room 415	5:30pm Core Chauncey Pratt Ath. Fac.	5:30pm Zumba Gina Room 415		
	5:15pm Zumba Jordan Room 349	5:30pm Body Tone Erika Pratt Ath. Fac.	5:30pm Group Cycling Craig Room 504	5:30pm Body Tone Erika Pratt Ath. Fac.	6:00pm Group Cycling Julie Room 504	
	7:00pm Dirron Group Cycling Room 504	5:30pm Group Cycling Amanda Room 504	5:30pm Step Bob Room 349	6:30pm Group Cycling Erika Room 504		
		6:30pm Pilates Elaine Room 415	6:30pm Body Tone Julie Room 349			
		6:30pm Zumba Katie Pratt. Ath. Fac.	7:00pm Resist-a-Ball Lisa Pratt Ath. Fac.			

Classes start Tuesday, September 8

If you are not registered for a specific package you must complete a drop in pass

**☛ You must check in at the URecFit main check in desk (4th floor)
and obtain your wristband/pass to enter each class.**

If a class does not develop an average participation of 6 participants during its first four weeks the class may be dropped.

Affiliation	Aerobics & Conditioning Group Cycling, Zumba Package	Pilates Package	Yoga Package
UMB Student	Free	\$20.00	\$20.00
Current URecFit Member	\$40.00	\$40.00	\$40.00
<u>Drop In Fee (per class)</u>			
UMB Student	Free	\$5.00	\$5.00
Current URecFit Member	\$5.00	\$5.00	\$5.00
All Others (fee includes facility guest fee)	\$15.00	\$15.00	\$15.00

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Registered participants (those who have completed the Group Fitness waiver and Par-Q form) may call the day of the class to reserve a spot in a specific class. Registered participants may only reserve one spot per package per day. **If you have called ahead and reserved a spot you must show and check in 10 minutes before the class start time.** Once the call ahead list is full your option is to come in and wait in the stand by line. Call ahead spots that have not been checked in within 10 minutes of start time will be cleared and then become eligible for Drop Ins and those in the stand by line.

If you have any questions regarding any Group Exercise Program contact Julia Wightman - jwigh001@umaryland.edu



UNIVERSITY OF MARYLAND
Southern Management Corporation
Campus Center

University Recreation and Fitness

Group Fitness Programs

Fall 2009

Zumba Aerobics and Conditioning Group Cycling

Yoga Pilates