

# GROUP EXERCISE

Aug 19 – Dec 18



UNIVERSITY of MARYLAND  
BALTIMORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	University Swim 6 – 7 a.m. Paige – RM Pool	Cycling 6:15 – 7 a.m. Elsa – RM 504	Cycling 6:30 – 7:15 a.m. Lena – RM 504	University Swim 6 – 7 a.m. Paige – RM Pool	Yoga 7 – 8 a.m. Michelle – RM 415
	Cycling 7 – 7:45 a.m. Ally – RM 504	HIIT 7 -7:45 a.m. Jasmine – RM Pratt	Kick and Core 7 – 7:45 a.m. Tisha- RM 415	Cycling 6:45 – 7:30 a.m. Sydney – RM 504	
	Pound 7 – 7:45 a.m. Stella – RM 415			HIIT 7 -7:45 a.m. Jasmine – RM Pratt	
Totally Toned 11 – Noon p.m. Tanya – RM 415	Totally Toned Noon – 1 p.m. Tanya – RM 415	Total Body Training 12 – 12:45 p.m. Jasmine – RM Pratt	Cardio Sculpt 12:15 – 1 p.m. Lisa- RM 349	Pilates on the Ball 12:15-1:15 p.m. Lisa – RM 415	Abs and Arms 12 – 12:45 p.m. Tisha – RM 415
	Pilates on the Ball 12:15-1:15 p.m. Lisa – RM 349		Cycling 3:30 – 4:15 p.m. Maddy – RM 504		
	Yoga 4:30 – 5:30 p.m. Molly – RM 349	HIIT and Core 4:15 – 5:15 p.m. Tanya – RM 415	Totally Toned 4:30 – 5:30 p.m. Lizz – RM 349	Yoga 5 – 6 p.m. Kayla – RM 349	Cycling 5:15 – 6 p.m. Elsa – RM 504
	Stroke and Turn 5:30 – 6:15 p.m. Ben – RM Pool	Yin Yoga 5 – 6 p.m. Lucy – RM 349	Stroke and Turn 5:30 – 6:15 p.m. Ben – RM Pool	Lap Swim Basics 5:30 – 6:15 p.m. Bridget/Paige – RM Pool *Begins Aug. 29	Water Aerobics 5:30 - 6:30 p.m. Cheryl – RM Pool *Begins Aug. 30
	Boot Camp 5:30 – 6:30 p.m. Sabrina – RM Pratt	H2O Training 5:30 – 6:15 p.m. Bridget – RM Pool *Begins Aug. 27	Body Weight Training 5:30 – 6:30 p.m. Ali F – RM SON Lawn/Pratt *SON until Oct. 16*	Pilates Flow 5:30 – 6:30 p.m. Jackie D – RM 415	
	Zumba 5:45 – 6:45 p.m. Tisha – RM 349	Samba Reggae 5:30 – 6:30 p.m. Jackie D – RM 415	Abs and Glutes 5:45 – 6:30 p.m. Ashley – RM 349	Cycling 6:15 – 7 p.m. Ally W – RM 504	
	Cycling 6 – 6:45 p.m. Sydney – RM 504	Cycling 6 – 6:45 p.m. Amy R – RM 504	Cycling 5:45 – 6:45 p.m. Sabrina – RM 504		
	Log Rolling 6:30 – 7:15 p.m. Denise – RM Pool	Yoga and Core 6:15 – 7:15 p.m. Ashley – RM 349	Zumba 7 – 8 p.m. Sabrina – RM 415		
	Boot Camp 6:35 – 7:35 p.m. Sabrina – RM Pratt				

## Reservations:

Reserve your spot online at

[umaryland.edu/urecfit/fitness](http://umaryland.edu/urecfit/fitness)

Reservations begin 1 day before the start of class . A reservation is only held for up to 10 minutes before the class starts , then it may be forfeited to a walk-in participant. The group exercise schedule is subject to change at any time.

\*Wrist bands are not required for Aquatics classes.

STRENGTH
CARDIO
DANCE
MIND/BODY
Cycling
AQUATICS*

## Questions or Comments?

[jmszanski@umaryland.edu](mailto:jmszanski@umaryland.edu)

## GROUP EXERCISE Class Descriptions

**Strength**

**Cardio**

**Mind/Body**

**Dance**

**Cycling**

**Aquatics**

**Abs And Arms** – A blend of strength and cardio that targets the core and arms. A great class for all fitness levels.

**Abs And Glutes** – A blend of strength and cardio that targets the core and hip complex. A great class for all fitness levels.

**Body Weight Training** – Join us on the School of Nursing lawn for a great body weight class that'll teach you proper form and challenge you physically.

**Boot Camp** - Will challenge your body and focus on toning, endurance, strength, flexibility, coordination, agility, balance, and power.

**Total Body Training** - A class that blends training styles and utilizes weights, plyometrics, agility, and conditioning that will be sure to jump start your metabolism and your day!

**Totally Toned** - A great strength based class that will help tone your body and burn calories

**Cardio Sculpt** - A challenging class combining different forms of cardio and weight training to bump up your heart rate and make you SWEAT!

**Kick and Core** - A great class that invigorates your body with a combination of kick boxing and core work. Expect to sweat a lot and to have a lot of fun!

**HIIT** – High intensity interval training is a class for all levels of fitness that alternates short periods of intense exercise followed by recovery periods.

**HIIT and Core**– High intensity interval training that incorporates 20 minutes of class focused on core strength.

**Pound** - Grab some drum sticks and bring some attitude. POUND combines easy to follow cardio moves with strength training and drumming. This combo works the entire body and raises the heart rate to a fat-burning zone. Glutes, legs, and abs especially will work, and you'll pound away your day's stress!

**Pilates Flow** - Fun, easy, energizing blend of dynamic dance combined with Pilates , designed to enhance core strength, agility, flexibility and balance.

**Pilates on the Ball** - Combines the primary principles of Pilates with balletone movements and resistance training on a yoga balls.

**Yin Yoga** - This gentle yoga practice targets connective tissues and fascia of the hips, thighs, back, neck, and shoulders through postures held for 3-5 minutes at a time. Expect a slow, deep, and calming practice that can help increase flexibility and promote relaxation.

**Yoga** - A steady-flowing class that engages mental and physical aspects of fitness surrounded by controlled breathing and postures.

**Yoga and Core**- A flowing class that will challenge your mind and body with a portion of class devoted to core strength

**Samba Reggae** - An Afro-Brazilian-inspired cardiovascular class that incorporates moves and combinations of Samba reggae, Maculelê and Bahian style street dance.

**Zumba** - Fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away!

**Cycling** - Resembles a ride on the road, encountering challenging hills, jumps, intervals, and sprints. Be sure to tell the instructor if you are a new rider before class!

**H2O Training** - A nontraditional water exercise that mixes multiple elements of aquatic training from swimming laps, to aqua jogging, to dry land workouts to provide a full body aquatic workout.

**Lap Swim Basics** - Organized practice for individuals looking for a beginners practice with emphasis on stroke technique.

**Log rolling** - Low impact fitness activity with high rewards. Stepping back and forth on a spinning Key Log improves balance, footwork, core strength and cardiovascular endurance.

**Stroke and Turn** - Improve swimming techniques including strokes, kicking, breathing and turns.

**University Swim** - A coached swim practice that focus on improving endurance, drills and technique.

**Water Aerobics** - A lower impact alternative to standard aerobics. The water provides resistance which results in a great workout with less muscle fatigue.