**GROUP FITNESS CLASSES**

*free with your Recreation membership*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba (beginner step) 12:15pm - 1:15pm Victoria</td>
<td>Beacon Body Rock 4:15pm - 5:00pm Rich Roxanne</td>
<td>Yoga inspired pilates 2:00pm - 3:00pm Roxanne</td>
<td>Zumba (intermediate step) 12:15pm - 1:15pm Victoria Roxanne</td>
<td>Total Body Blast 12:15pm-1:00pm Linda</td>
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<tr>
<td>Yoga 2:00pm - 3:00pm Roxanne</td>
<td>Butts and Guts 6:00pm - 6:45pm Justin</td>
<td>Beacon Body Rock 4:15pm - 5:00pm Rich Justin</td>
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*Yoga mats are available for purchase at the front desk*
Class Descriptions

Total Body Blast

TBB is a complete full body workout that combines both cardio and resistance training exercises to sculpt your entire body and burn fat. This exciting class will use interval and circuit training combined with plyometrics to provide a heart pumping workout that will increase both cardiorespiratory and muscular endurance.

Yoga Inspired Pilates

Pilates classes focus on muscle toning, body control, and flexibility, with the main emphasis being core strength. If you like a more structured workout without the cardio, chanting, OMing, or complex postures, this could be the workout for you. Your coach, Roxanne Hope, will make you laugh through the sweat as she tosses in some intense progressions.

Yoga Level: Beginner

This beginner class is just what you need to ignite your passion for yoga! Whether you are a complete beginner, or have tried yoga in the past, this program is here to show you the way. Practice attaining a strong connection between your body and mind (and improve your flexibility!) that will help you stay calm in every situation.

Advanced Yoga

This class will focus on deep stretching and Vinyasa Flow. You should know basic poses and be ready for a challenge. You will be guided through a multi-tempo practice with the intention to integrate your mind, body and spirit. OHM in!

Beacon Body Rock:

Get ready to put in the work with this CrossFit inspired class. UMB’s Fitness Manager, Rich Rosenblum, leads this dynamic class that starts off focusing on strength training and moves into the workout of the day. You will be professionally instructed on how to use kettlebells, slam balls, ropes, dumbbells, of course your own body weight.

Butts and Guts

Join former CUNY Strength Coach Justin Kompf with this intense class that focuses on strengthening the hips and shaping your core. Justin uses kettlebells, steps, mini bands, and stability balls to create a fun and exciting experience. You will laugh, squat, sweat, jump, and mingle in his 45-minute class.