# 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>Get F.I.T with Jamie 12:15pm - 1:00pm</td>
<td>Yoga for relaxation with Linda 12:30-1:30pm</td>
<td>Cardio Strength with Justin 1:15-2:00pm</td>
<td>Yoga for relaxation with Linda 12:30-1:30pm</td>
<td>TRX and Kettlebell boot camp with Rich 12:30-1:15pm</td>
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<tr>
<td>Beacon Body Rock with Rich 4:15-5pm</td>
<td>KICK IT with Michelle 2:30-3:30pm</td>
<td>Get F.I.T. express with Jamie 2-2:30pm</td>
<td>Butts Gutts with Jess 4:14-5:00pm</td>
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<tr>
<td>Vinyasa Flow Yoga with Genevieve 5:30-6:30pm</td>
<td>SocaFIT with Safiya 5:30-6:15pm</td>
<td>Vinyasa Flow Yoga with Genevieve 3-4pm</td>
<td>Core Awakening with Nha 5:30-6:30pm</td>
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No Classes on Holidays & 11/23

www.umb.edu/recreation

Richard.Rosenblum@umb.edu
Beacon Body Rock: Get ready to put in the work with this Orange Theory inspired class. Your instructor will first lead you through strength training and moves into a mix of cardio intervals with explosive exercises. You will be professionally instructed on how to use kettlebells, slam balls, ropes, dumbbells, of course your own body weight.

Butts and Guts: Don’t let that summer bod go into hibernation, take the butts and guts class at the BFC! This class will focus on strengthening your full body, focusing on your glutes, thighs, and core.

Get F.I.T with Jamie: Fast. Intensity. Training. Combines high intensity cardio, abs, and strength for a very sweaty workout. Time is of the essence with your busy schedule. This calorie busting half-hour workout will trim and carve your body. Get ready to burn max calories in only 30 minutes!

TRX and Kettlebell boot Camp: This full body class incorporates elements of HIIT (High intensity interval training), dynamic movement, and Pilates. You will sculpt and tone your upper body, lower body, and abdominals with a variety of fitness tools.

Cardio Strength: 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.

Core Awakening: The class is designed to strengthen the core muscles including but not limit to abs, lower back and legs with different fitness tools. Each session also ends with yoga-inspired slow flow to calm the mind and body.

SocaFit is a dance workout inspired by Soca music which originated in Trinidad and Tobago. SocaFit blends cardio and dance moves and it is easy to follow. Learn how to jump, wave, and misbehave while having fun!

Yoga for Relaxation is a slow flow Vinyasa sequence to support stress reduction and rebalance body and mind.

Yoga for Fitness, a challenging flow class to enhance fitness, improve circulation and build energy. *Both yoga classes will end with a traditional Shavasana meditation to allow the benefits of yoga to settle into the body.

KICK IT!: Kick it! is a 13 round fitness method that is music driven, sweat-inducing, and kickboxing-inspired. This class is filled with high intensity intervals, dance combinations, and kickboxing inspired movement patterns.