# 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>UMB Insanity 12:30pm - 1:30pm Dyane</td>
<td>Yoga for Relaxation 2:00pm - 3:00pm Linda</td>
<td>UMB Insanity 12:30pm - 1:30pm Dyane</td>
<td>Quick Fit 1:00pm-1:45pm Victoria</td>
<td>Bodyweight Madness 12:30pm - 1:15pm Rich</td>
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<tr>
<td>UMB Cardio-Strength 7:00pm - 8:00pm Justin</td>
<td>Belly Dance 4:00pm - 5:00pm Anastasia</td>
<td>Beacon Body Rock 4:15pm - 5:00pm Rich</td>
<td>Yoga for Fitness 2:00pm - 3:00pm Linda</td>
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<td></td>
<td>SocaFit 5:30pm - 6:15pm Safiya</td>
<td>Cardio Dance 5:30pm - 6:15pm Vanessa</td>
<td>The Yin &amp; Yang 4:00pm - 4:45pm Nha</td>
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No classes 4/16
**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.

**Cardio Strength / 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.

**UMB Insanity:** 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.

**Yin and Yang (Plyoga inspired)** This 45-minute condensed work-out uses plyometric movements and yoga postures as active recovery. We will be using nothing but our body weights that increase your muscle endurance and power. The yoga sessions at the end promise to calm and vitalize your mind and body.

**Bodyweight Madness** This fast paced class will focus on strengthening your physique though bodyweight training. Our training focus is on agility, balance, pressing, and you will become stronger with TRX straps. Class will finish with a mobility flow leaving you refreshed and energized.

**Quick-Fit:** A short class for beginners that will get you moving and your heart pumping. Learn safe exercise technique while listening to fun latin-top 40 inspired music. This class will be a fast paced, high volume, and will use light weights and your own body weight.

**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!

**Bellydance:** In this low impact class we will practice Egyptian style of belly dance: it includes elements that engage muscles normally not involved in everyday life and traditional workout routines. Practicing it will tone your arms, trunk and spinal column muscles which will prevent back and neck pains typical of our sedentary lifestyle. The goal is that students leave the classroom with better posture, control and awareness of their bodies as well as great mood! A light scarf to put on the hips might be good for the class, but not required.

**Mixed Martial Arts Fundamentals:** This class will cover a range of techniques found in kickboxing and Brazilian Jiu Jitsu. The class starts with a small segment of conditioning and transitions into working specific martial art movements. The work performed and concepts explored in this class will build upon each other each week.

**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.*

**Cardio Dance:** is a fitness class that is focused on incorporating fitness moves into dancing routines. These dance routines will consist of popular dance styles and exercises to motivate everyone to move. The dance styles consist of, but are not limited to, Latin and Hip Hop.