

UMBC RECREATION

presents

FITNESS BASICS HOLIDAY SPECIALS

...our gift to you before the holidays!

| MONDAY 12/7 | TUESDAY 12/8 | WEDNESDAY 12/9 | THURSDAY 12/10 | FRIDAY 12/11 |
|--|--|--|--|--|
| BODYWEIGHT BASICS <i>with</i> JASMIN | ZUMBA BASICS <i>with</i> JANET | YOGA-TONE BASICS <i>with</i> LAURA | ZUMBA BASICS <i>with</i> JANET | YOGA-TONE BASICS <i>with</i> LAURA |

This is your chance to experience a strength class, Zumba and yoga at a beginner rate!

Each class will take place from 12—1pm. Meet the instructor in the RAC lobby. No Sign-up is necessary.

Contact jaw3@umbc.edu with questions/concerns.