Spend your summer enjoying fun, variety and new challenges with our UMD Group Fitness Program. Weather permitting, instructors may choose to conduct class outside so grab your sunglasses and a light sweatshirt or jacket if needed! The group fitness program is for both UMD folks and community. Summer Classes run June 5 – August 4. All of our instructors are nationally certified and highly motivated.

A Group Fitness Pass is required for participation. Passes can be purchased in SpHC 153.

$40 Students & UMD Facility Pass Holders
$60 Community Members & Non-Pass Holders

No Refunds. $5 fee for lost passes.

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY**
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**Barre Blast (Claire)**  A blend of pilates, yoga, and dance. Light weights and resistance bands to target strength plus “blasts” of cardio will make this class a great way to start the week! Class will conclude with focused core work done on mats.

**Spin & Core (Christina)**  Pedal your way to better fitness in this non-impact cycling class followed by a short core segment to conclude class. All skill levels welcome. If you are new to spin, we recommend coming ten minutes early to set up your bike.

**Summer Circuits (Trista)**  Cardio Strength and core in every class. Using a variety of equipment and stations, you will get your heart pumping and your muscles activated! Be prepared for variety and challenges each week.

**HIIT & Core (Claire)**  Rev up your cardio routine and burn major calories with High Intensity Interval Training. All levels welcome in this time based class.

**Pilates (Aliya)**  Learn the basic principles of pilates. Strengthen your core, gain stability and increase flexibility. Class will conclude with yoga based stretching to end the week.

**Personal Training**
Looking for instruction on how to lose that extra 10 pounds, or are you just wanting to get back into shape? Hire one of our certified trainers and make it happen.

**Cost:**
- $20 Fee Paying Students and Facility Pass Holders
- $30 All Others

Sphc 153 218.726.7128 umdrsap.org UMD Group Fitness UMDGroupFit