

# GROUP EXERCISE

FALL 2019

AUGUST 25-DECEMBER 13

## MONDAY

**SLOW FLOW YOGA**  
11:30AM-12:30PM

ROOM B



**STEP EXPRESS**  
12:15PM-12:45PM

ROOM A



**HARD CORE**  
12:50PM-1:00PM

ROOM A



**VINYASA FLOW YOGA**  
5:30PM-6:30PM

ROOM B



**HIIT**  
5:30PM-6:15PM

ROOM A



**ROLL & RECOVER**  
6:20PM-6:30PM

ROOM A



**ZUMBA**  
6:45PM-7:45PM

ROOM A



**THEMED CYCLE**  
6:45PM-7:30PM

ROOM B



**YIN YOGA**  
8:00PM-9:00PM

ROOM B



## TUESDAY

**VINYASA FLOW YOGA**  
11:30AM-12:30PM

ROOM B



**SWEATSHOP**  
12:15PM-12:45PM

ROOM A



**ROLL & RECOVER**  
12:50PM-1:00PM

ROOM A



**SWIM STRONG**  
5:30PM-6:30PM

LAP POOL



**CYCLE**  
5:30PM-6:30PM

ROOM B



**SHRED**  
5:30PM-6:15PM

ROOM A



**HARD CORE**  
6:20PM-6:30PM

ROOM A



**ZUMBA**  
6:45PM-7:45PM

ROOM B



**PILATES**  
8:00PM-9:00PM

ROOM B



## WEDNESDAY

**SLOW FLOW YOGA**  
11:30AM-12:30PM

ROOM A



**CYCLE EXPRESS**  
12:15PM-12:45PM

ROOM B



**HARD CORE**  
12:50PM-1:00PM

ROOM B



**ZUMBA**  
5:30PM-6:30PM

ROOM B



**HIIT**  
5:30PM-6:15PM

ROOM A



**ROLL & RECOVER**  
6:20PM-6:30PM

ROOM A



**DANCE CHOREO**  
6:45PM-7:45PM

ROOM A



**VINYASA FLOW YOGA**  
6:45PM-7:45PM

ROOM B



**YIN YOGA**  
8:00PM-9:00PM

ROOM B



## THURSDAY

**PILATES**  
11:30AM-12:30PM

ROOM B



**SWEATSHOP**  
12:15PM-12:45PM

ROOM A



**ROLL & RECOVER**  
12:50PM-1:00PM

ROOM A



**SWIM STRONG**  
5:30PM-6:30PM

LAP POOL



**STRENGTH CIRCUIT**  
5:30PM-6:30PM

ROOM A



**CORE FLOW YOGA**  
5:30PM-6:30PM

ROOM B



**HIIT BOXING**  
6:45PM-7:45PM

ROOM B



**DANCE FITNESS**  
8:00PM-9:00PM

ROOM A



## FRIDAY

**VINYASA FLOW YOGA**  
11:30AM-12:30PM

ROOM B



**STEP EXPRESS**  
12:15PM-12:45PM

ROOM A



**HARD CORE**  
12:50PM-1:00PM

ROOM A



**ZUMBA**  
5:30PM-6:30PM

ROOM A



## SATURDAY

**DANCE FITNESS**  
10:30AM-11:30AM

ROOM A



**CYCLE**  
11:45AM-12:45PM

ROOM B



## SUNDAY

**INSANITY**  
5:30PM-6:15PM

ROOM A



### CLASS TYPES



MIND & BODY



STRENGTH



CARDIO



STRENGTH & CARDIO

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# GROUP EXERCISE

FALL 2019

CLASS DESCRIPTIONS

## **CARDIO**

### **CYCLE/CYCLE EXPRESS**

A high intensity, low impact stationary cycle class with cardio challenges by varying speed and resistance.

### **DANCE CHOREO**

This dance class will focus on breaking down and learning the choreography to a new song each week.

### **DANCE FITNESS**

A pre-choreographed dance class full of diverse music and genres. No dance experience required!

### **STEP EXPRESS**

This class uses adjustable steps and choreography to provide a great cardio workout.

### **SWIM STRONG**

A high intensity lap-swim class that offers a cardio endurance workout while providing guidance on swim technique and stroke performance.

**Please note:** Intended for moderate to advanced swimmers; NOT a learn to swim class. Goggles strongly recommended.

### **THEMED CYCLE**

A high-intensity cycle class with a new, themed playlist each week. Follow us on Instagram @untfitness for class themes.

**Please note:** This class will use **UNCENSORED** music, some of which could contain explicit lyrics.

### **ZUMBA**

This class features rhythms set to high-energy Latin and international beats to really get your energy levels soaring!

## **STRENGTH & CARDIO**

### **HIIT**

High intensity interval training focused on short, intense activity bursts followed by brief recovery periods.

### **HITT BOXING**

A mixed martial arts-inspired, total body workout using core conditioning combinations, bodyweight moves, and cardio spikes.

### **INSANITY**

A high energy workout packed with bodyweight strength moves, cardio drills, and plyometrics targeting your entire body.

### **SWEATSHOP**

A non-stop, powerhouse workout alternating between strength training exercises and high intensity cardio intervals.

## **MIND & BODY**

### **YOGA**

Classes combine poses and stretches to create a mind and body connection. Mats are provided but feel free to bring your own.

#### **CORE FLOW YOGA**

Intermediate guided flows at a moderate pace with moves focused on the core muscles.

#### **SLOW FLOW YOGA**

Beginner guided flows at a slower pace.

#### **VINYASA FLOW YOGA**

Intermediate guided flows at an accelerated pace.

#### **YIN YOGA**

Intermediate guided class where poses are held longer.

### **PILATES**

Mat-work based class focusing on core integration, body control, and proper alignment.

### **ROLL & RECOVER**

Foam rolling and stretching techniques that release muscle tension, lengthen fascia, and improve flexibility.

## **STRENGTH**

### **SHRED**

A strength training class combining various weight loads with simple movements to strengthen the entire body.

### **HARD CORE**

This class incorporates exercises targeting your glutes, abdominals, obliques, and back to help build a stronger core.

### **STRENGTH CIRCUIT**

An all strength, no cardio workout that uses timed intervals to strengthen all muscles with dumbbells, gliders, stability balls, and other equipment.

## **GROUP EX PASSES**

<b>SEMESTER UNLIMITED PASS</b>	<b>\$25</b>
<b>SINGLE CLASS</b>	<b>\$5</b>

Group Exercise passes are valid September 1 through December 7.