

GROUP EXERCISE

MAYMESTER 2019 | MAY 13 - JUNE 1

MONDAY

11:30AM-12:30PM	PILATES (B)
★ 12:15PM-12:45PM	STEP EXPRESS (A)
★ 12:50PM-1:00PM	ARMS & ABS (A)
5:30PM-6:30PM	HIIT (A)
5:30PM-6:30PM	SLOW FLOW YOGA (B)
6:45PM-7:45PM	DANCE FITNESS (A)

TUESDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (B)
★ 12:15PM-12:45PM	SWEATSHOP (A)
★ 12:50PM-1:00PM	HARD CORE (A)
5:30PM-6:30PM	ZUMBA (A)
5:30PM-6:30PM	CORE FLOW YOGA (B)
6:45PM-7:45PM	CYCLE (A)

WEDNESDAY

11:30AM-12:30PM	PILATES (A)
★ 12:15PM-12:45PM	CYCLE EXPRESS (B)
★ 12:50PM-1:00PM	ABS & BACK (B)
5:30PM-6:30PM	SHRED (A)
5:30PM-6:30PM	VINYASA FLOW YOGA (B)
6:45PM-7:45PM	DANCE FITNESS (A)


★ INDICATES THE CLASS IS **FREE!**

 INDICATES THE CLASS IS **NEW!**

GROUP EX SPECIALS

ALL CLASSES FREE MAY 13-18

THURSDAY

11:30AM-12:30PM	SLOW FLOW YOGA (B)
★ 12:15PM-12:45PM	SHRED (A)
★ 12:50PM-1:00PM	HARD CORE (A)
5:30PM-6:30PM	DANCE FITNESS (A)
5:30PM-6:30PM	VINYASA FLOW YOGA (B)
6:45PM-7:45PM	 HIIT BOXING (A)

FRIDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (B)
★ 12:15PM-12:45PM	STEP EXPRESS (A)
★ 12:50PM-1:00PM	ARMS & ABS (A)
5:30PM-6:30PM	CYCLE (B)

SATURDAY

10:15AM-11:15AM	DANCE FITNESS (A)
11:30AM-12:30PM	VINYASA FLOW YOGA (B)

GROUP EX PASSES

 BUNDLE PACKAGE*	\$35
SUMMER UNLIMITED	\$15
SINGLE CLASS	\$5

*THE **NEW** BUNDLE PACKAGE INCLUDES AN UNLIMITED GROUP EX PASS AND ONE SPECIALTY CLASS OF YOUR CHOICE. THE UNLIMITED GROUP EX PASS AND SPECIALTY CLASS MUST BE PURCHASED AT THE SAME TIME.



@UNTRECSPORTS

RECREATIONAL SPORTS

www.recsports.unt.edu

940-565-2275 | 940-369-8347

UNT[®]

EST. 1890

GROUP EXERCISE

GROUP EXERCISE CLASS DESCRIPTIONS

SUMMER GROUP EX PASSES ARE VALID **MAY 20 THROUGH AUGUST 9** AND CAN BE PURCHASED AT THE MEMBER SERVICES DESK INSIDE THE REC CENTER.

ARMS & ABS

STRENGTHEN YOUR BICEPS, TRICEPS, SHOULDERS, UPPER BACK AND CORE WHILE USING A VARIETY OF EQUIPMENT.

ABS & BACK

TIGHTEN AND TONE YOUR ENTIRE CORE WITH TARGETED, EFFECTIVE ABDOMINAL AND LOWER BACK EXERCISES.

CYCLE/CYCLE EXPRESS

A HIGH INTENSITY, LOW IMPACT STATIONARY CYCLE CLASS THAT INVOLVES CARDIO CHALLENGES BY VARYING SPEED AND RESISTANCE.

DANCE FITNESS

A PRE-CHOREOGRAPHED DANCE CLASS FULL OF DIVERSE MUSIC GENRES TO GET YOU MOVING AND HAVING FUN. NO DANCE EXPERIENCE REQUIRED.

HARD CORE

THIS CLASS INCORPORATES EXERCISES THAT TARGET YOUR ABDOMINALS, OBLIQUES, AND UPPER BACK TO HELP YOU BUILD A STRONGER CORE.

HIIT

HIGH INTENSITY INTERVAL TRAINING FOCUSED ON SHORT, INTENSE ACTIVITY BURSTS FOLLOWED BY BRIEF RECOVERY PERIODS TO KICK YOUR METABOLISM INTO OVERDRIVE.

HIIT BOXING

THIS MIXED MARTIAL ARTS-INSPIRED, TOTAL-BODY WORKOUT USES CORE CONDITIONING COMBINATIONS, BODYWEIGHT MOVES, AND CARDIO SPIKES TO BURN MAJOR CALORIES.

PILATES

A MAT-WORK BASED CLASS MEANT TO TONE AND TIGHTEN YOUR ENTIRE BODY FOR LONG, LEAN MUSCLES.

SHRED

A FULL-BODY STRENGTH TRAINING WORKOUT WITH MOVEMENTS DONE TO THE BEAT OF MOTIVATING MUSIC.

STEP EXPRESS

THIS CLASS UTILIZES ADJUSTABLE STEPS AND CHOREOGRAPHY TO BRING YOUR CARDIOVASCULAR WORKOUT TO NEW AND EXCITING HEIGHTS.

SWEATSHOP

A NONSTOP, POWERHOUSE WORKOUT ALTERNATING BETWEEN FUNCTIONAL STRENGTH TRAINING EXERCISES AND HIGH INTENSITY CARDIO INTERVALS

YOGA

THESE CLASSES COMBINE POSES & STRETCHES TO CREATE A MIND & BODY CONNECTION. MATS ARE PROVIDED, BUT WE ENCOURAGE YOU TO BRING YOUR OWN.

CORE FLOW YOGA: *INTERMEDIATE*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT A MODERATE PACE WITH MOVES THAT FOCUS PRIMARILY ON YOUR CORE.

SLOW FLOW YOGA: *BEGINNER*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT A SLOWER PACE.

VINYASA FLOW YOGA: *INTERMEDIATE*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT AN ACCELERATED PACE.

ZUMBA

WITH RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS SOARING!