

# GROUP EXERCISE **FALL 2008**

## MONDAY

- 12:15-1:15pm Yoga I
- ★12:15-12:45pm Core Body Express
- ★12:50-1:00pm Abs & Back
- 4:30-5:15pm Cycle
- 5:15-6:15pm Yoga II
- 5:15-6:05pm Body Sculpt
- 6:15-7:15pm Step
- 6:30-7:20pm Pilates
- ★7:30-8:30pm Turbo Kickboxing
- ★8:35-8:45pm Abs & Back
- 9:30-10:30pm Urban Expressions

## TUESDAY

- 6:30-7:15am Boot Camp
- ★11:15-11:45am Step Express
- ★11:50am-12pm Abs & Back
- 2:00-3:00pm Yoga I
- 5:15-6:15pm Pilates
- 5:30-6:20pm Body Sculpt
- 6:30-7:30pm Yoga II
- 6:30-7:15pm Turbo Kickboxing
- ★7:20-7:30pm Abs & Back
- ★7:45-8:35pm Latin Dance
- 9:00-9:50pm Belly Dance

## WEDNESDAY

- 10:00-10:45am Cycle
- 12:15-1:15pm Yoga I
- ★12:15-12:45pm Core Body Express
- ★12:50-1:00pm Abs & Back
- 4:15-5:00pm Cycle
- ★5:15-6:05pm Yoga II
- 5:15-6:05pm Body Sculpt
- 6:15-7:05pm Modern
- 6:30-7:20pm Step
- 7:30-8:20pm Turbo Kickboxing
- 8:30-9:30pm Hip Hop
- ★9:35-9:45pm Abs & Back

## THURSDAY

- 6:30-7:15am Boot Camp
- ★11:15-11:45am Step Express
- ★11:50am-12pm Abs & Back
- 2:00-3:00pm Yoga I
- 5:15-6:05pm Tai Chi
- 5:30-6:30pm Yoga II
- ★6:30-7:15pm Cycle
- ★7:20-7:35pm Abs & Back
- 7:45-8:45pm Body Sculpt

## FRIDAY

- 12:30-1:30pm Yoga II
- ★12:15-12:45pm Core Body Express
- ★12:50-1:00pm Abs & Back
- 1:30-2:30pm Cardio Dance
- 4:45-5:30pm Turbo Kickboxing

## SATURDAY

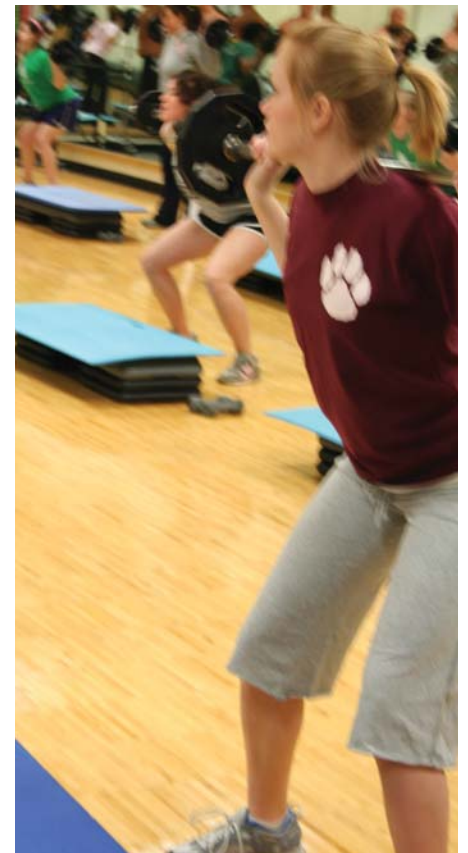
- 10:30-11:15am Cycle
- 11:30am-12:20pm Pilates
- 12:30-1:15pm Turbo Kickboxing

## SUNDAY

- ★5:00-6:00pm Cycle
- 6:00-7:00pm Yoga II
- 7:15-8:00pm Tai Chi

### STUCK IN A WORKOUT RUT?

Just need to switch up your normal fitness routine? Drop by for a class at any time during the semester! Stop by the Member Services desk in the Pohl Recreation Center today to purchase a one-time Group Exercise pass for only \$3.00!



### GROUP EXERCISE PASSES

FALL SEMESTER	\$50
20 CLASSES	\$30
10 CLASSES	\$20
SINGLE CLASS	\$3

FOR MORE INFORMATION, STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347 OR VISIT [WWW.UNT.EDU/RECSPORTS](http://WWW.UNT.EDU/RECSPORTS).

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.

★ INDICATES FREE CLASS



# GROUP EXERCISE FALL 2008

## STAY ACTIVE WITH GROUP EXERCISE!

The Pohl Recreation Center offers a variety of group exercise formats to provide you with the opportunity to get great workouts lead by experienced instructors. Classes are motivating, fun, and challenging for all fitness levels. Group Exercise can help tone your major muscles, improve cardiovascular endurance, increase flexibility and more!

Participants must sign in and pick up a participation card at the Member Services desk. Free classes are offered at designated times. Abs & Back classes are free and do not require a participation card. All other classes require the purchase of a group exercise pass. Classroom doors will be locked at the start of class. Entrance will not be permitted after class has started. Classes are subject to change or cancellation due to low participation.

Group Exercise participants must be Pohl Recreation Center members, have a valid UNT ID or pay the guest fee. Dependents must be at least 16 years old to participate.

### Belly Dancing

Easy movements, drawn from Middle Eastern Dance, inspire (and work) your heart and body. Variations are shown to include all levels. Finish with a cool-down and stretch to leave refreshed and glowing.

### Body Sculpt

A fun and challenging workout to improve functional strength, agility and overall performance. Learn specific muscle strengthening exercises with resistance training principles.

### Boot Camp

If you are ready to be pushed to your limit, take this intense cardiovascular and muscle strengthening class! From sport drills to plyometrics -- anything goes!

### Cardio Dance

A mix of jazz and ballet. No dance experience required but this class challenges all levels. Choreography involves technique and conditioning to raise your cardio!

### Core Body Express

Designed to improve functional strength, body composition, coordination and balance, this 30-minute full-body, integrated resistance training class may also improve your cardiovascular fitness.

### Hip Hop

For the dancer in all of us! Come enjoy an exhilarating cardiovascular challenge that incorporates fun, easy to follow dance moves with some of your favorite music.

### Indoor Cycle

As a great alternative to high impact cardio workouts, this high-intensity, low-impact stationary cycle class combines visualization techniques with music to enhance the ride. Cycle computers and heart rate monitors added to improve the workout!

### Latin Dance

Let the rhythm of Latin music help you shake your hips and burn unwanted calories. Experience the Rhythms of the mystically tinged Samba, the sinuous Cha-Cha-Cha and the explosive Meringue with the newest workout dance class anywhere!

### Modern

An open minded class focused on gaining flexibility, balance and grace. You will learn basic dance techniques along with some unique dance moves. Dancers of all levels welcome! No shoes required.

### Pilates

Discover movements designed to elongate and strengthen muscles while eliminating tension and strain from the body. Balance, joint stability, proper breathing and improved posture are achieved through movements with purpose.

### Step

This challenging, high-intensity class involves stepping onto a bench while simultaneously performing a series of upper body movements. Abdominal work and proper stretching techniques are also included.

### Step Express

This express class offers a quick and effective 30-minute cardiovascular workout with easy-to-follow drills that are fun.

### Tai Chi

Develop your health, meditation and martial arts skills through this exploration of traditional Chinese training.

### Turbo Kickboxing (TKB)

If you are up for a challenge, try a TKB class! This new and exciting kick boxing class is pre-choreographed to specific music and is one of the highest intensity classes offered. Turbo Kickboxing is the most popular class so arrive early to make sure there is space available.

### Urban Expressions

Be excited and comfortable with your body! This class allows you to experience a hip hop dance aerobics class in a new way.

### Yoga

Students of all levels are led through a strong class with challenging postures and pacing. Explore your limits physically and mentally in this class. Come with an open mind, leave with an open heart.

I = Beginner      II = Intermediate