FALL 2017

GROUP EXERCISE



OCTOBER 23 - DECEMBER 9

UPDATED 10/11/17

MONDAY

11:30AM-12:30PM ★12:15PM-12:45PM

★12:50PM-1:00PM

★4:30PM-5:00PM

5:30PM-6:15PM 5:30PM-6:30PM

6:30PM-7:30PM

★7:35PM-7:50PM

6:45PM-7:45PM 8:00PM-9:00PM VINYASA YOGA FLOW (B) SWEATSHOP (A)

ABS & BACK (A)

T-30 (A)

3-2-1 BURN (B)

ZUMBA (A)

ATHLETIC CONDITIONING (B)

GLUTES & GUTS (B)

PILATES (A)

🌞 YIN YOGA (A)

TUESDAY

11:15AM-12:15PM

★12:15PM-12:45PM

★12:50PM-1:00PM

4:15PM-5:15PM

5:30PM-6:15PM

5:30PM-6:30PM

6:30PM-7:30PM

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6:45PM-7:30PM

★7:35PM-7:50PM

PILATES (A)

STEP EXPRESS (B)

GLUTES & GUTS (B)

SLOW YOGA FLOW (B)

RIPPED (A)

CYCLE (B)

ZUMBA (A)

CARDIO KICKBOXING (B)

ALL ABOUT ARMS (B)

WEDNESDAY

11:30AM-12:30PM

★12:15PM-12:45PM

★12:50PM-1:00PM

4:15PM-5:15PM

★4:30PM-5:00PM

5:30PM-6:15PM

5:30PM-6:30PM

6:30PM-7:30PM

★7:35PM-7:50PM 6:45PM-7:45PM

8:00PM-9:00PM

SLOW YOGA FLOW (B)

SWEATSHOP (A)

ABS & BACK (A)

VINYASA YOGA FLOW (B)

T-30 (A)

🗱 3-2-1 BURN (B)

ZUMBA (A)

DANCEFITNESS (B)

GLUTES & GUTS (B)

PILATES (A)

🇱 YIN YOGA (A)

GROUP EX SPECIALS

DOLLAR DAYS OCT. 15-21
ALL CLASSES FREE DEC. 10-22

THURSDAY

11:15AM-12:15PM

★12:15PM-12:45PM

★12:50PM-1:00PM

4:15PM-5:15PM

5:30PM-6:15PM

5:30PM-6:30PM

6:30PM-7:30PM

6:45PM-7:30PM

★7:35PM-7:50PM

PILATES (A)

CYCLE EXPRESS (B)

GLUTES & GUTS (B)

SLOW YOGA FLOW (B)

RIPPED (A)

CYCLE (B)

ZUMBA (A)

CARDIO KICKBOXING (B)

ALL ABOUT ARMS (B)

FRIDAY

11:30AM-12:30PM

★12:15PM-12:45PM

★12:50PM-1:00PM

4:15PM-5:15PM

5:30PM-6:30PM

VINYASA YOGA FLOW (B)

3-2-1 BURN (A)

ABS & BACK (A)

VINYASA YOGA FLOW (B)

ZUMBA (A)

SATURDAY

10:30AM-11:30AM

ZUMBA (A)

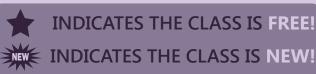
11:00AM-12:30PM

WEEKEND WARRIOR YOGA (B)

SUNDAY

4:30PM-5:30PM 6:00PM-7:00PM 7:15PM-8:15PM SLOW YOGA FLOW (B) ZUMBA (A)

ATHLETIC CONDITIONING (A)



GROUP EX PASSES

FALL UNLIMITED (HALF PRICE!)

\$27.50 \$25

SINGLE CLASS

10 CLASSES

\$



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FALL 2017

GROUP EXERCISE



OCTOBER 23 - DECEMBER 9

CLASS DESCRIPTIONS

3-2-1 BURN 💥

COMBINES CARDIO, STRENGTH, AND CORE INTERVALS TO GET A HIGH INTENSITY WORKOUT IN A SHORT PERIOD OF TIME.

ABS & BACK

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

ALL ABOUT ARMS

A QUICK WORKOUT TO CREATE A SLEEK AND STRONG UPPER BODY FOCUSING ON ARMS, UPPER BACK, AND SHOULDERS.

ATHLETIC CONDITIONING

A FUN, INTENSE CLASS USING PLYOMETRICS, AGILITY, AND SPRINTS TO IMPROVE SPEED, STRENGTH, AND BUILD MUSCLE.

CARDIO KICKBOXING

KICK, PUNCH, AND GROOVE THE CALORIES AWAY IN THIS FUN, INTENSE, AND EFFECTIVE CARDIO WORKOUT.

CYCLE/CYCLE EXPRESS

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

DANCEFITNESS 藻

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

GLUTES & GUTS

A QUICK, HIGH ENERGY MUSCLE CONDITIONING CLASS THAT TARGETS AND TONES YOUR ENTIRE CORE AND LOWER BODY.

PILATES

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

RIPPED

THIS STRENGTH TRAINING CLASS COMBINES VARIOUS WEIGHT LOADS WITH SIMPLE MOVEMENTS TO STRENGTHEN YOUR ENTIRE BODY.

STEP EXPRESS

A GREAT CARDIOVASCULAR WORKOUT USING ADJUSTABLE STEPS AND CHOREOGRAPHY.

SWEATSHOP

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

T-30

THIS CLASS IS A HIGH INTENSITY, TOTAL BODY TABATA WORKOUT DESIGNED TO BUILD YOUR ANAEROBIC CAPACITY AND STRENGTH.

YOGA 💥

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

SLOW YOGA FLOW: BEGINNER

VINYASA YOGA FLOW: INTERMEDIATE

YIN YOGA: INTERMEDIATE

INVITES YOU TO SLOW DOWN WHILE NOURISHING JOINTS, LIGAMENTS, TENDONS AND FASCIA. POSES ARE HELD FOR 2-5 MINUTES ALLOWING JOINTS AND FASCIA TO RELEASE.

WEEKEND WARRIOR YOGA: INTERMEDIATE
THIS 90-MINUTE CLASS WILL FOCUS
ON INCREASING BALANCE, FLEXIBILITY,
AND BREATHING CAPACITY.

ZUMBA

FEATURING RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS AND HEART RATE SOARING.