



REC SPORTS

FALL 2019

PROGRAMS & EVENTS



RECREATIONAL
SPORTS
Division of
Student Affairs
UNT
EST. 1890

MEMBERSHIPS

NEW FOR FALL 2019 FACULTY AND STAFF

FACULTY/STAFF ONLINE MEMBERSHIP PURCHASES

Starting July 29 we're making it even easier to become a member! UNT faculty and staff will be able to purchase new, or renew current, memberships through our online member portal!

Visit the memberships section of our website at recsports.unt.edu to get started!

UNT FACULTY/STAFF FITNESS LEAVE POLICY

As a member of the UNT Faculty/Staff Fitness Program a full-time faculty or staff member is eligible for 30 minutes of administrative leave (up to three days per week) as approved by their supervisor.

Participants must be a member of the Pohl Recreation Center to be eligible for administrative leave. To register for the program stop by the Member Services desk or the Rec Sports main office.

WELCOME TO REC SPORTS

WE STRIVE TO PROVIDE THE KIND OF RECREATIONAL EXPERIENCES THAT NOT ONLY SUPPORT THE WELLNESS OF THE UNT COMMUNITY, BUT INSPIRE IT.

We're more than just a facility...more than just a place to work out. We are an active part of the UNT Community, and pride ourselves on being a welcoming, engaging, and supportive family. We want to help you commit to less stress in your life, taking a break from work and school to refresh your body and mind, and feeling better and more energetic at work and home.

So try something new. Learn a new skill. Meet new people. Or just come and hang out. Either way we're excited to have you as part of the Rec Sports Family. We want to help you discover something about yourself- that you deserve, and can achieve, a happier and healthier you!



MEMBERSHIP TYPES

Most students currently enrolled in classes on campus are members of the Rec Center through the \$85.78 recreation fee in their tuition. A current UNT ID card is required for entrance into the facility.

For specific information and membership guidelines for each membership type please see our website or speak with the Member Services staff in the Pohl Recreation Center.

Payroll deductions are available throughout the year. Deduction amounts are based on the membership type and date of purchase. Please visit Member Services for further details.

	FALL (AUG. 13- DEC. 23)	2 SEMESTER (AUG. 13- MAY 9)	ANNUAL (AUG. 13- AUG. 7)
FACULTY STAFF PLUS ONE DEPENDENT	\$99	\$198	\$264
RETIREE RETIREE SPOUSE	\$70	\$140	\$180
ALUMNI	\$135	\$270	\$400
CONTINUING STUDENT	\$85.78	-	-

SPECIAL EVENTS

FACULTY/STAFF FREE ^{FREE} WEEK

Our commitment to inspiring the health and wellness of the entire UNT Community doesn't stop with our students. This week we encourage all faculty and staff to come explore what Rec Sports has to offer.

October 14-18

FALL FINALS STRESS ^{FREE} RELIEF

During finals week we'll have a wide array of stress-reducing events to help make sure you're at your best heading into exams.

December 9-13

OTHER SERVICES

LOCKER RENTAL

	ONE SEMESTER	TWO SEMESTER	ANNUAL
FULL LOCKER	\$45	\$55	\$65
TOP HALF	\$25	\$35	\$45
BOTTOM HALF	\$20	\$30	\$40

TOWEL SERVICE

	ONE SEMESTER	TWO SEMESTER	ANNUAL
SHOWER TOWEL	\$10	\$20	\$30

Sweat towels are available to purchase at the Member Services desk for \$1.

GUEST PASSES

GUEST PASSES \$10/day

Members can bring in two children, 15 years old and younger, for free each day.



AQUATICS

AMERICAN RED CROSS SAFETY CLASSES

LIFEGUARDING

Participants who successfully pass will receive American Red Cross Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certificates.

Participants must attend all three days of training and must be at least 15 years old. Participants must complete all online modules with a certificate of completion before the start of class.

FRI | 4:00PM-9:00PM
SAT/SUN | 9:00AM-6:00PM

Session 1 | September 13-15
Register by September 8

Session 2 | November 15-17
Register by November 10

\$125 Student | \$220 Member | \$240 Non-member*

LIFEGUARD RECERTIFICATION

Designed to update near-expiring American Red Cross lifeguard certifications. Participants who successfully pass will receive American Red Cross Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certificates.

SAT | 8:30AM-6:30PM

Session 1 | September 14
Register by September 8

Session 2 | November 16
Register by November 10

\$75 Student | \$110 Member | \$130 Non-member*

LIFEGUARD INSTRUCTOR

Designed for already certified lifeguards to enhance their skills by gaining the next level certification for an instructor position.

FRI | 4:00PM-9:00PM
SAT/SUN | 9:00AM-6:00PM

October 25-27
Register by October 18

\$150 Student | \$235 Member | \$265 Non-member*

WATER SAFETY INSTRUCTOR

This course will certify participants to teach American Red Cross swim lessons.

Participants must attend all days of training and must be at least 15 years old. Participants must also know the basics of all four swim strokes and complete all online modules with a certificate of completion before the start of class.

MON-FRI | 9:00AM-5:00PM

December 16-20
Register by December 6

\$150 Student | \$245 Member | \$270 Non-member*



AMERICAN RED CROSS SWIM LESSONS

ADULT BEGINNER

Learn the foundations of swimming and build comfort levels in and around the water. For adults with little to no swimming experience.

MON/WED | 6:00PM-6:40PM | \$45

Session 1 | September 16 - October 9
Register by September 8

Session 2 | October 21 - November 13
Register by October 13

ADULT INTERMEDIATE

Build on the basics of swimming while learning each swimming stroke. For adults with rudimentary swim experience.

TUE/THU | 6:00PM-6:40PM | \$45

Session 1 | September 17 - October 10
Register by September 8

Session 2 | October 22 - November 14
Register by October 13

PRIVATE SWIM LESSONS

Private lessons are only for ages 4 years and older. These one-on-one structured lessons are 30 minutes long and designed to develop, refine, and improve strokes and endurance.

Lesson times will be scheduled between you and your swim instructor. Lessons can be purchased at the Member Services desk as single lessons or in bundles of five.



SPECIAL EVENTS

SWIM CHALLENGE NEW FREE

Challenge yourself and swim the English Channel! Swim 21 miles to complete the challenge and do what's seldom been done before. See the Aquatics staff to sign up and track your progress.

September 16 - November 1



	SINGLE LESSONS	BUNDLE OF 5 LESSONS
STUDENT MEMBER	\$13	\$55
NON-MEMBER*	\$18	\$75

***Please note:** Non-members must be UNT faculty, staff or retirees. Non-members can register for lifeguarding classes and private lessons only. Members of the community can only register for lifeguarding classes at the non-member rate.

Classes may be combined or canceled due to low enrollment. For more information you can speak with the Aquatics staff or call the Rec Sports main office at (940) 565-2275.

FITNESS

SPECIALTY CLASSES

BOOT CAMP

Need a push? This high-intensity cardio and strength conditioning class includes athletic and military-style drills. Class will be offered outside, weather permitting.

MON/WED | 6:30AM-7:30AM | \$25

Session 1 | September 9 - October 2

Register by September 6

Session 2 | October 21 - November 13

Register by October 18

Try it FREE on 9/4 or 10/16 at 6:30am!

PROTECT YOURSELF

With drills, combinations, and teaching tactics rooted in Taekwondo, you'll be sure to get a great workout and gain skills useful for self-defense.

THU | 6:45PM-8:15PM | \$25

September 10 - October 3

Register by September 6

Try it FREE on 9/5 at 6:45pm!

TREAD & TRAIN

This class alternates between short bursts of treadmill intervals and functional training on the floor. Walkers, joggers, and runners all work on the same interval but at their own pace.

TUE/THU | 6:30AM-7:30AM | \$25

October 22 - November 14

Register by October 18

Try it FREE on 10/17 at 6:30am!

WOMEN ON WEIGHTS

A four week introductory class designed to assist women in gaining knowledge and confidence with resistance training methods and techniques.

TUE/THU | 6:45PM-7:45PM | \$25

October 22 - November 14

Register by October 18

Try it FREE on 10/17 at 6:45pm!



PERSONAL TRAINING

From designing a customized workout plan to providing ongoing motivation and support, our trainers are dedicated to helping you achieve your goals! New clients receive a FREE Fitness Assessment with the purchase of 1 or more sessions!

# OF SESSIONS	STUDENTS	MEMBERS
1	\$28	\$35
3	\$69	\$88
8	\$172	\$215
16	\$340	\$425

BODY COMPOSITION TESTING

Body fat percentage is a leading indicator of fitness level and disease risk. What you can expect for the test: a caliper is used to measure the thickness of skinfolds at several sites around the body. Wear comfortable clothing.

Students and Rec Center Members | \$5

YOGA WORKSHOPS

BEGINNER YOGA FREE

A slower-paced class for those new to yoga focusing on foundational poses and proper breathing.

4:00PM-5:00PM

September 10

PARTNER YOGA FREE

A fun way to exercise and connect with others. Bring a friend or meet someone new at the workshop!

4:00PM-5:15PM

October 8

CHAKRA YOGA FREE

Using asanas, meditation, breathing exercises and mantra chanting you'll leave feeling refreshed and energized.

4:00PM-5:00PM

November 12

STRESS RELIEF YOGA NEW FREE

We'll lead you through poses to help release tension and leave you relaxed and ready to conquer finals!

4:00PM-5:00PM

December 3

FITNESS ON THE GO

Are you looking for a fun and healthy activity for your organization, residence hall or department? Request to have a certified group exercise instructor or personal trainer come to you for a private class, special event or presentation.

Pricing starts at \$25. Call the Rec Sports main office at (940) 565-2275 for more details!



GROUP EXERCISE

GROUP EX PASSES

Group exercise passes are valid September 1 through December 7 and may be purchased at the Member Services desk in the Rec Center.

FALL UNLIMITED	\$25
SINGLE CLASS	\$5

Pick up a copy of the Fall 2019 group exercise schedule, including class descriptions, at Member Services or download it from our website at recsports.unt.edu/group_ex

SPECIAL EVENTS

HOW TO GYM FOR BEGINNERS NEW FREE

An informal overview covering the basics of everything "Rec." Call Rec Sports with your name and ID number to reserve your spot at (940)-565-2275.

9:00AM-10:00AM

August 22 | September 6 | September 7

GROUP EX CHALLENGE NEW FREE

Register with your GX instructor and attend at least 40 group ex classes from September through November to receive your prize!

September 1 - November 30

CREATING WORKOUTS 101 NEW FREE

Personal trainers will provide you with tips on creating workouts based on general workout guidelines.

7:00PM-8:30PM

September 25

PILATES MOVEMENT PRINCIPLES NEW FREE

Explore and establish proper movement techniques like stability, mobility, strength, and core integration.

7:00PM-8:00PM

October 16

GLOW RIDER NEW FREE

Riders will get glow sticks and necklaces as we take the bikes outside and light up our evening workout.

8:00PM-8:30PM; 8:45PM-9:15PM; 9:30PM-10:00PM

October 29

Register by October 28 at the Member Services desk

INTRAMURAL SPORTS

LEAGUE SPORTS

Intramural leagues play one night a week and have men's, women's, and co-rec team divisions.

You must register for all intramural events first by creating an account on imleagues.com. There you can sign up a team or as a free agent. Once registered, if the event requires a fee, stop by the Rec Sports main office (located in the Rec Center) during the registration period to pay.

Payment is required to reserve your spot in the league.



FLAG FOOTBALL

League Registration
August 26 - September 10 | \$35/team

Captains Meeting
September 11 | 5:00pm | Rec Center 205

Games begin September 16

VOLLEYBALL

League Registration
September 16 - October 1 | \$35/team

Captains Meeting
October 2 | 5:00pm | Rec Center 205

Games begin October 7

OUTDOOR SOCCER

League Registration
September 30 - October 15 | \$35/team

Captains Meeting
October 16 | 5:00pm | Rec Center 205

Games begin October 21

MINI-LEAGUES

3v3 INDOOR BASKETBALL

Mini-League Registration
September 16 - October 1 | \$25/team

Captains Meeting
October 2 | 6:00pm | Rec Center 205

Games begin October 7

OFFICIATING CLINICS

Become an official and get paid to be around the sports you love! These free clinics will teach you what you need to know. Apply online by visiting the UNT Career Center and submitting your application through Handshake...just search for Rec Sports. College work study positions available as well! **The last day for each clinic serves as an interview for anyone wishing to become an official.**



FLAG FOOTBALL

September 3 | 7:00pm | Rec Center 205
September 4 | 7:00pm | IM Fields
September 5 | 7:00pm | IM Fields
September 9 | 7:00pm | IM Fields

VOLLEYBALL

September 24 | 7:00pm | Rec Center 205
September 25 | 7:00pm | PEB Gym
September 26 | 7:00pm | PEB Gym

OUTDOOR SOCCER

October 8 | 7:00pm | Rec Center 205
October 9 | 7:00pm | IM Fields
October 10 | 7:00pm | IM Fields

SINGLE DAY EVENTS

NO LIMIT TEXAS HOLD 'EM ^{FREE}

Register | August 19
Players Meeting | 8/19 @7:00pm | Rec Center 205

Games begin August 19 at 7:00pm

3-POINT BASKETBALL CONTEST ^{FREE}

Register | September 2 - September 19
Players Meeting | 9/19 @6:30pm | Rec Center 205

Contest begins September 19 at 6:30pm

DODGEBALL TOURNAMENT ^{FREE}

Register | September 16 - October 31
Players Meeting | 10/31 @6:30pm | Rec Center 205

Games begin October 31 at 6:30pm

TABLE TENNIS TOURNAMENT ^{FREE}

Register | September 30 - November 7
Players Meeting | 11/7 @6:30pm | Rec Center 205

Games begin November 7 at 6:30pm

BADMINTON TOURNAMENT ^{FREE}

Register | October 14 - November 17
Players Meeting | 11/17 @6:30pm | Rec Center 205

Games begin November 17 at 6:30pm

ESPORTS TOURNAMENTS

PS4 MADDEN 20 ^{FREE}

Register | August 26 - September 12
Captains Meeting | 9/12 @6:30pm | Rec Center 205

Games begin September 12 at 6:30pm

COUNTER-STRIKE GLOBAL OFFENSIVE ^{FREE}

Register | August 26 - September 17
Captains Meeting | 9/18 @5:00pm | Rec Center 205

Games begin September 23

RAINBOW SIX SIEGE ^{NEW} ^{FREE}

Register | August 26 - September 17
Captains Meeting | 9/18 @6:00pm | Rec Center 205

Games begin September 23

APEX LEGENDS ^{NEW} ^{FREE}

Register | September 2 - September 27
Captains Meeting | 10/1 @5:00pm | Rec Center 205

Games begin October 3 at 6:00pm

PS4 NBA 2K20 ^{FREE}

Register | September 23 - October 17
Captains Meeting | 10/17 @6:30pm | Rec Center 205

Games begin October 17 at 6:30pm

SWITCH SMASH ULTIMATE 2v2 ^{NEW} ^{FREE}

Register | September 30 - October 24
Captains Meeting | 10/24 @6:30pm | THE NEST

Games begin October 24 at 6:30pm

PS4 FIFA 20 ^{FREE}

Register | October 21 - November 14
Captains Meeting | 11/14 @6:30pm | Rec Center 205

Games begin November 14 at 6:30pm



OUTDOOR PURSUITS

ADVENTURE TRIPS

DAY HIKE & SWIM

LAKE MINERAL WELLS STATE PARK, TX

Saturday, September 28 | \$25

Register September 9 - September 23

DAY HIKE

DINOSAUR VALLEY STATE PARK, TX

Saturday, October 5 | \$25

Register September 16 - September 30

DAY CANOE

CHUPACABRA POINT, RUNAWAY BAY, TX

Saturday, October 19 | \$10

Register September 30 - October 14

DAY CLIMB

LAKE MINERAL WELLS STATE PARK, TX

Sunday, October 27 | \$35

Register October 7 - October 21

DAY HIKE

FORT WORTH NATURE CENTER & REFUGE, TX

Saturday, November 2 | \$15

Register October 14 - October 28

WEEKEND PADDLE

BRAZOS RIVER, TX

Saturday-Sunday, November 9-10 | \$60

Register October 21 - November 4

BACKPACKING ADVENTURE

OUACHITA NATIONAL FOREST, AR

Friday-Sunday, November 22-24 | \$115

Register November 4 - November 18



WINTER BREAK ADVENTURE

WINTER BREAK CAMPING AND CAVING

Join us during winter break as we visit two national parks! First we'll stop at Carlsbad Caverns for a night of camping and a self-guided cave tour in the morning, and then we'll make our way over to the Guadalupe Mountains National Park as we summit the tallest point in Texas!

Monday-Friday | January 6-10 | \$260

Register December 2 - December 16



CLIMBING WALL

CLIMBING PASSES

Fall climbing wall passes are valid September 1 through December 23 and can be purchased at the climbing wall desk during open hours.

FALL UNLIMITED	\$25
DAY PASS	\$5

CLIMBING CLASSES

Climbing classes can be scheduled at the climbing wall desk during open hours. Skills checks are valid for one year.

SKILLS CHECK (30 mins)	\$5
INTRO TO CLIMBING (2 hrs)	\$10
INTRO TO LEAD CLIMB (3 hrs)	\$10

FREE CLIMB ^{FREE}

All climbing is FREE during our open hours on the following days:

**August 19-31 | September 9 | October 7
November 4 | December 2**

NIGHT CLIMB ^{FREE}

Come explore the wall at night for FREE under the green dome!

8:00PM-10:00PM

**September 17 | October 15 | November 12
December 3**

OUTDOOR CLINICS

All clinics are FREE but need registered participants to be conducted. Register at the Outdoor Pursuits Rental Center the day before the clinic.

CLIMBING DRILLS & TRAINING ^{FREE} METHODS

This clinic covers methods of training that will help you improve your climbing strength.

8:15PM-9:45PM

September 26

BIKE MAINTENANCE AND SKILLS ^{FREE} METHODS

Bring your bike and learn simple maintenance checks and tips to keep you safe while riding.

7:00PM-8:30PM

October 10

PRIMITIVE SHELTER BUILDING ^{FREE}

Learn various ways to build a shelter and primitive camp setup to help keep you warm and dry in the face of adversity.

6:30PM-8:00PM

October 21

KAYAKING BASICS ^{FREE}

An introductory clinic covering basic strokes, wet exits, and more. Bring your swimsuit and get ready to practice your skills in the pool!

6:30PM-8:00PM

November 14

STARGAZING ^{FREE}

Bring a blanket and hear the mythology behind Orion, Taurus, Gemini, and other famous winter constellations!

7:00PM-8:30PM

November 26

CAMP COOKING ^{FREE}

This clinic will provide you with tasty tips and recipes to improve your camp meals.

6:30PM-8:00PM

December 2

RENTAL CENTER

The Outdoor Pursuits Center, located just behind the Climbing Wall, offers high quality equipment for all of your outdoor trip and camping needs including canoes, sit-on-top kayaks, tents, sleeping bags, stoves, headlamps, coolers, backpacks, and more! Ask about our equipment bundles that help make sure you have everything you need while saving money in the process.

We also have a wide variety of books and DVD's to borrow for FREE to help you plan, guide, and explore the outdoors.

For a complete list of rental equipment and pricing please visit recsports.unt.edu/outdoor/equipment

SPORT CLUBS

MEET THE CLUBS

CLUB RESOURCE FAIR FREE

Stop by the Rec Center to meet with and explore the various clubs during Rec Extravaganza.

6:30PM-8:30PM

August 19

SPORTS-A-PALOOZA FREE

Come out to the Library mall and talk with members from our 35 different clubs to learn more about them and how to join!

11:00AM-2:00PM

September 11

Sport Clubs provide an opportunity for UNT students to compete against other colleges and universities in the Texas region and nationally. Our 35 clubs compete recreationally and competitively and welcome all those interested in the sport, regardless of skill level.

Contact the student leader or drop by the club practices to get involved. Club leader information and club practice times can be found by visiting the Rec Sports website or by picking up a Sport Clubs contact list in the Rec Center.

Interested in starting a club? Contact us and we'll sit down with you and outline the steps needed to help get your club up and running!



ARCHERY
BASEBALL
BOWLING
CLIMBING
CYCLING
DISC GOLF
DODGEBALL
EQUESTRIAN
ESPORTS
FENCING
FIGURE SKATING
GYMNASTICS

ICE HOCKEY
MEN'S LACROSSE
MEN'S RUGBY
MEN'S SOCCER
MEN'S ULTIMATE
MEN'S VOLLEYBALL
PAINTBALL
POLO
POWERLIFTING
RUNNING
SAILING
SWIMMING

TABLE TENNIS
TENNIS
TRIATHLON
WAKE
WOMEN'S BASKETBALL
WOMEN'S LACROSSE
WOMEN'S RUGBY
WOMEN'S SOCCER
WOMEN'S ULTIMATE
WOMEN'S VOLLEYBALL
WRESTLING

ESPORTS

GET INVOLVED

FOLLOW AND WATCH US

During the Fall 2019 semester our teams will compete online against some of the best teams in the U.S.! You can watch these games live on [twitch.tv/untsports](https://www.twitch.tv/untsports)

You can also find and follow us on social media to learn more about each of the teams, how to get involved, and stay up to date on all of the action and events!



Esports at UNT is a varsity program dedicated to developing, guiding, and encouraging our varsity players to compete at the highest level within the collegiate arena, as well as training and facilitating the competitive growth of each player and team. The Esports program also supports our students in the gaming community through club and intramural sports competitions.

Varsity teams include Hearthstone, League of Legends, Overwatch, and Rocket League.



FACILITY HOURS

AUGUST 18-DECEMBER 14

POHL RECREATION CENTER

MON-THU 6:00AM-12:00AM
 FRI 6:00AM-10:00PM
 SAT 10:00AM-7:00PM
 SUN 12:00PM-12:00AM

LAP POOL

MON | WED | FRI 11:00AM-2:00PM
 4:00PM-7:00PM
 TUE | THU 9:00AM-2:00PM
 4:00PM-7:00PM
 SAT | SUN 1:00PM-5:00PM

LEISURE POOL & SPA

MON-THU 6:30AM-9:00AM
 12:00PM-10:00PM
 FRI 6:30AM-9:00AM
 12:00PM-9:00PM
 SAT 1:00PM-5:00PM
 SUN 1:00PM-9:00PM

CLIMBING WALL

SUN-FRI 3:00PM-8:00PM
 SAT 3:00PM-7:00PM

OUTDOOR PURSUITS CENTER

SUN-SAT 1:00PM-6:00PM

VOLLEYBALL NET NIGHT

Rec Center Courts 1 & 2
 TUE | THU STARTING AT 6:30PM

BADMINTON

FRI (P.E.B.) 5:00PM-9:30PM
 SUN (REC CENTER) STARTING AT 5:00PM



WARANCH TENNIS CENTER

MON-THU 5:00PM-9:00PM
 FRI 5:00PM-8:00PM
 SAT 2:00PM-6:00PM
 SUN 3:00PM-8:00PM

P.E.B. RACQUETBALL

MON-THU 5:00PM-9:00PM
 FRI 4:00PM-8:00PM
 SAT | SUN 2:00PM-6:00PM

WEST TENNIS COURTS

MON-THU 4:00PM-11:00PM
 FRI 2:00PM-9:00PM
 SAT 11:00AM-6:00PM
 SUN 1:00PM-11:00PM

P.E.B. FIELD

MON-THU 4:00PM-11:00PM
 FRI 2:00PM-9:00PM
 SAT 11:00AM-6:00PM
 SUN 1:00PM-11:00PM



MARK YOUR CALENDAR

- JULY 29** Fall memberships and items on sale
- AUGUST 9** Locker cleanout
- AUGUST 10-12** Rec Center CLOSED for maintenance
- AUGUST 13-17** Rec Center REDUCED hours (see recsports.unt.edu)
- AUGUST 13** Fall memberships begin
- AUGUST 18** Rec Center Fall hours begin
- AUGUST 19-31** Free Group Exercise and Climbing
- AUGUST 19** Rec Extravaganza 6:30pm-8:30pm
- SEPTEMBER 2** Modified Group Exercise schedule
- OCTOBER 14-18** Faculty/Staff Free Week
- OCTOBER 21** Fall memberships and Climbing Wall passes half price
- NOVEMBER 27-30** Modified and FREE Group Exercise classes
- NOVEMBER 27** Rec Center CLOSED at 6:00pm
- NOVEMBER 28** CLOSED for Thanksgiving
- NOVEMBER 29** Rec Center REDUCED hours (see recsports.unt.edu)
- DECEMBER 2** Spring memberships and items on sale
- DECEMBER 14-15** No Group Exercise classes
- DECEMBER 15-23** Rec Center REDUCED hours (see recsports.unt.edu)
- DECEMBER 16-20** Group Exercise Winter Break schedule begins
- DECEMBER 21-23** No Group Exercise classes
- DECEMBER 23** Locker cleanout
- DEC. 24-JAN. 1** Rec Center CLOSED for Winter Break
- JANUARY 2-11** Rec Center REDUCED hours (see recsports.unt.edu)
- JANUARY 12** Rec Center Spring hours begin



RECREATIONAL SPORTS
 www.recsports.unt.edu
 940.565.2275 | 940.369.8347

