MAYMESTER
MAY 15 - JUNE 3

GROUP EXERCISE SCHEDULE

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

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

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

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 BARBELL-BASED CLASS IS ONE OF THE BEST WAYS TO GET IN SHAPE, COMBINING LOW WEIGHT LOADS WITH SIMPLE MOVEMENT.

STEP EXPRESS
UTILIZING ADJUSTABLE STEPS AND CHOREOGRAPHY, THIS CLASS WILL BRING YOUR CARDIOVASCULAR WORKOUT TO NEW HEIGHTS.

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

T-30
THIS CLASS IS A FAST-PACED, TOTAL BODY TABATA WORKOUT DESIGNED TO BUILD YOUR CARDIO ENDURANCE AND STRENGTH.

YOGA
A CLASS THAT COMBINES CHALLENGING POSTURES AND RELAXING STRETCHES. YOGA MATS ARE PROVIDED, BUT PARTICIPANTS ARE ENCOURAGED TO BRING THEIR OWN. YOGA I: BEGINNER  YOGA II: INTERMEDIATE

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

FRIDAY
11:30AM-12:30PM  YOGA II (B)
12:15PM-12:45PM  SWEATSHOP (A)
12:50PM-1:00PM   ABS & BACK (A)
5:30PM-6:30PM    ATHLETIC CONDITIONING (B)
5:30PM-6:30PM  ZUMBA (A)

TUESDAY
11:30AM-12:30PM  PILATES (B)
12:15PM-12:45PM  STEP EXPRESS (A)
12:50PM-1:00PM  GLUTES & GUTS (A)
5:30PM-6:30PM  YOGA I (B)
5:30PM-6:30PM  RIPPED (A)
6:45PM-7:45PM  ZUMBA (A)

WEDNESDAY
11:30AM-12:30PM  YOGA II (B)
12:15PM-12:45PM  SWEATSHOP (A)
12:50PM-1:00PM  ABS & BACK (A)
5:30PM-6:30PM  ATHLETIC CONDITIONING (A)
5:30PM-6:30PM  ZUMBA (B)

THURSDAY
11:30AM-12:30PM  PILATES (A)
12:15PM-12:45PM  CYCLE EXPRESS (B)
12:50PM-1:00PM  GLUTES & GUTS (B)
5:30PM-6:30PM  YOGA I (B)
5:30PM-6:30PM  RIPPED (A)
6:45PM-7:45PM  ZUMBA (A)

SATURDAY
11:00AM-12:00PM  YOGA II (B)
12:15PM-1:15PM  ABS & BACK (A)

GROUP EX PASSES

SUMMER UNLIMITED  $45
20 CLASSES  $35
10 CLASSES  $25
SINGLE CLASS  $3

SUMMER UNLIMITED PASS: TAKE ALL OF THE CLASSES YOU WANT, ALL SUMMER LONG FOR ONLY $45!

ALL MAYMESTER GROUP EX CLASSES ARE FREE!

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