# Group Exercise Schedule

**Maymester | May 13 - June 2**

## Monday
- **11:30AM-12:30PM**: Slow Yoga Flow (B)
- **12:15PM-12:45PM**: Sweatshop (A)
- **12:50PM-1:00PM**: Glutes & Guts (A)
- **5:30PM-6:30PM**: Vinyasa Yoga Flow (B)
- **5:30PM-6:30PM**: HIIT (A)

## Tuesday
- **11:30AM-12:30PM**: Vinyasa Yoga Flow (B)
- **12:15PM-1:00PM**: Step Express (A)
- **12:50PM-1:00PM**: Abs & Back (A)
- **5:30PM-6:30PM**: Zumba (A)
- **6:45PM-7:45PM**: Pilates (B)

## Wednesday
- **11:30AM-12:30PM**: Slow Yoga Flow (B)
- **12:15PM-12:45PM**: Sweatshop (A)
- **12:50PM-1:00PM**: Glutes & Guts (A)
- **5:30PM-6:30PM**: Strength Circuit (A)

## Thursday
- **11:30AM-12:30PM**: Vinyasa Yoga Flow (B)
- **12:15PM-12:45PM**: Step Express (A)
- **12:50PM-1:00PM**: Abs & Back (A)
- **5:30PM-6:30PM**: Zumba (A)
- **6:45PM-7:45PM**: Pilates (B)

## Friday
- **11:30AM-12:30PM**: Slow Yoga Flow (B)
- **12:15PM-1:00PM**: Zumba (A)

## Saturday
- **11:00AM-12:30PM**: Weekend Warrior (B)

## Group EX Passes

- **Summer Unlimited**: $45
- **20 Classes**: $35
- **10 Classes**: $25
- **Single Class**: $3

**All Maymester Group EX Classes are FREE!**

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**Recreational Sports**

[www.recspports.unt.edu](http://www.recspports.unt.edu)  
940-565-2275 | 940-369-8347
ABS & BACK
TIGHTEN AND TONE YOUR ENTIRE CORE WITH TARGETED, EFFECTIVE ABDOMINAL AND LOWER BACK EXERCISES.

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

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

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

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

STRENGTH CIRCUIT
AN ALL STRENGTH, NO CARDIO WORKOUT USING TIMED INTERVALS TO STRENGTHEN ALL OF YOUR MUSCLES. DUMBBELLS, GLIDERS, STABILITY BALLS, AND OTHER EQUIPMENT WILL BE USED.

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

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

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