GROUP EXERCISE SCHEDULE
SUMMER II
JULY 10 - AUGUST 11

FRIDAY
11:30AM-12:30PM  YOGA II (B)
12:15PM-12:45PM   SWEATSHOP (A)
12:50PM-1:00PM   ABS & BACK (A)
5:30PM-6:15PM  3-2-1 BURN (A)
5:30PM-6:30PM  YOGA I (B)
6:45PM-7:45PM  ZUMBA (A)

THURSDAY
11:30AM-12:30PM  YOGA II (B)
12:15PM-12:45PM   SWEATSHOP (A)
12:50PM-1:00PM   ABS & BACK (A)
5:30PM-6:15PM  3-2-1 BURN (A)
5:30PM-6:30PM  YOGA I (B)
6:45PM-7:45PM  ZUMBA (A)

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

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

FRIDAY
11:30AM-12:30PM  YOGA II (B)
12:15PM-12:45PM   SWEATSHOP (A)
12:50PM-1:00PM   ABS & BACK (A)
5:30PM-6:15PM  3-2-1 BURN (A)
5:30PM-6:30PM  YOGA I (B)
6:45PM-7:45PM  ZUMBA (A)

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.

ATHLETIC CONDITIONING
A FUN, INTENSE CLASS USING PLYOMETRICS, AGILITY, AND SPRINTS TO IMPROVE COORDINATION, EXPLOSIVENESS, AND SPEED.

CYCLE
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.

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

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

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

GROUP EX PASSES
SUMMER UNLIMITED (1/2 OFF)  $22.50
SINGLE CLASS  $3
SUMMER UNLIMITED PASS: TAKE ALL THE CLASSES YOU WANT, ALL SUMMER LONG FOR ONLY $22.50!
NO GROUP EX EXPERIENCE NEEDED!

★ ALL CLASSES WITH A STAR ARE FREE!

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