FALL 2017
GROUP EXERCISE
AUGUST 27 - DECEMBER 9
UPDATED 08/21/17

MONDAY
11:30AM-12:30PM  VINYASA YOGA FLOW (B)
★12:15PM-12:45PM  SWEATSHOP (A)
★12:50PM-1:00PM  ABS & BACK (A)
4:30PM-5:00PM  T-30 (A)
5:30PM-6:15PM  3-2-1 BURN (B)
5:30PM-6:30PM  ZUMBA (A)
6:30PM-7:30PM  ATHLETIC CONDITIONING (B)
★7:35PM-7:50PM  GLUTES & GUTS (B)
6:45PM-7:45PM  PILATES (A)
★7:35PM-7:50PM  YIN YOGA (A)
8:00PM-9:00PM

TUESDAY
11:15AM-12:15PM  PILATES (A)
★12:15PM-12:45PM  STEP EXPRESS (B)
★12:50PM-1:00PM  GLUTES & GUTS (B)
4:15PM-5:15PM  SLOW YOGA FLOW (B)
5:30PM-6:15PM  RIPPED (A)
5:30PM-6:30PM  CYCLE (B)
6:30PM-7:30PM  ZUMBA (A)
6:45PM-7:30PM  CARDIO KICKBOXING (B)
★7:35PM-7:50PM  ALL ABOUT ARMS (B)

WEDNESDAY
11:30AM-12:30PM  SLOW YOGA FLOW (B)
★12:15PM-12:45PM  SWEATSHOP (A)
★12:50PM-1:00PM  ABS & BACK (A)
4:15PM-5:15PM  VINYASA YOGA FLOW (B)
4:30PM-5:00PM  T-30 (A)
5:30PM-6:15PM  3-2-1 BURN (B)
5:30PM-6:30PM  ZUMBA (A)
6:30PM-7:30PM  ATHLETIC CONDITIONING (B)
★7:35PM-7:50PM  GLUTES & GUTS (B)
6:45PM-7:45PM  PILATES (A)
★7:35PM-7:50PM  YIN YOGA (A)
8:00PM-9:00PM

THURSDAY
11:15AM-12:15PM  PILATES (A)
★12:15PM-12:45PM  CYCLE EXPRESS (B)
★12:50PM-1:00PM  GLUTES & GUTS (B)
4:15PM-5:15PM  SLOW YOGA FLOW (B)
5:30PM-6:15PM  RIPPED (A)
5:30PM-6:30PM  CYCLE (B)
6:30PM-7:30PM  ZUMBA (A)
6:45PM-7:30PM  CARDIO KICKBOXING (B)
★7:35PM-7:50PM  ALL ABOUT ARMS (B)

FRIDAY
11:30AM-12:30PM  VINYASA YOGA FLOW (B)
★12:15PM-12:45PM  3-2-1 BURN (A)
★12:50PM-1:00PM  ABS & BACK (A)
4:15PM-5:15PM  VINYASA YOGA FLOW (B)
5:30PM-6:30PM  ZUMBA (A)

SATURDAY
10:30AM-11:30AM  ZUMBA (A)
11:00AM-12:15PM  WEEKEND WARRIOR YOGA (B)

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

GROUP EX SPECIALS
ALL CLASSES FREE  AUG. 15-SEP. 2
DOLLAR DAYS  OCT. 15-21
ALL CLASSES FREE  DEC. 10-22

GROUP EX PASSES
FALL UNLIMITED  $55
20 CLASSES  $35
10 CLASSES  $25
SINGLE CLASS  $3

INDICATES THE CLASS IS FREE!
NEW  INDICATES THE CLASS IS NEW!

RECREATIONAL SPORTS
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940-565-2275  |  940-369-8347
UNT  EST. 1890
CLASS DESCRIPTIONS

3-2-1 BURN NEW
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.

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 75-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.