GROUP EXERCISE

SCHEDULE

SUMMER II | JULY 9 - AUGUST 10

**MONDAY**

- 11:30AM-12:30PM VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM SWEATSHOP (A)
- ★12:50PM-1:00PM GLUTES & GUTS (A)
- 5:30PM-6:15PM 3-2-1 BURN (A)
- 5:30PM-6:30PM SLOW YOGA FLOW (B)
- 6:45PM-7:30PM CARDIO KICKBOXING (A)

**TUESDAY**

- 11:30AM-12:30PM SLOW YOGA FLOW (B)
- ★12:15PM-12:45PM KICKBOXING EXPRESS (B)
- ★12:50PM-1:00PM ABS & BACK (A)
- 5:30PM-6:30PM STRENGTH CIRCUIT (A)
- 5:30PM-6:30PM VINYASA YOGA FLOW (B)
- 6:45PM-7:45PM ZUMBA (A)

**WEDNESDAY**

- 11:30AM-12:30PM VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM SWEATSHOP (A)
- ★12:50PM-1:00PM GLUTES & GUTS (A)
- 5:30PM-6:15PM CYCLE (B)
- 5:30PM-6:30PM YIN YOGA (A)
- 6:45PM-7:45PM DANCE FITNESS (A)

**THURSDAY**

- 11:30AM-12:30PM SLOW YOGA FLOW (A)
- ★12:15PM-12:45PM CYCLE EXPRESS (B)
- ★12:50PM-1:00PM ABS & BACK (B)
- 5:30PM-6:30PM VINYASA YOGA FLOW (B)
- 5:30PM-6:30PM ZUMBA (A)

**FRIDAY**

- 11:30AM-12:30PM VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM KICKBOXING EXPRESS (A)
- ★12:50PM-1:00PM GLUTES & GUTS (A)

**SATURDAY**

- 11:00AM-12:15PM WEEKEND WARRIOR (B)

**GROUP EX PASSES**

<table>
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<tr>
<th>SUMMER UNLIMITED*</th>
<th>$22.50</th>
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<tbody>
<tr>
<td>SINGLE CLASS</td>
<td>$3</td>
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★ INDICATES THE CLASS IS FREE!

*SUMMER UNLIMITED PASS REDUCED! TAKE ALL OF THE CLASSES YOU WANT FOR HALF OF THE PRICE!

RECREATIONAL SPORTS
www.recsports.unt.edu
940-565-2275 | 940-369-8347
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.

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

DANCE FITNESS
A PRE-CHOREOGRAPHED DANCE CLASS FULL OF DIVERSE MUSIC GENRES TO GET YOU MOVING AND HAVING FUN. NO DANCE EXPERIENCE REQUIRED.

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

CARDIO KICKBOXING/KICKBOXING EXPRESS
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.

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 USING DUMBBELLS, GLIDERS, STABILITY BALLS, AND OTHER EQUIPMENT.

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 75-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!