

# GROUP EXERCISE

## Monday

- ★ 6:30-7:30am  
7:45-8:45am
- ★ 12:15-12:45pm  
12:15-1:15pm
- ★ 12:50-1:00pm  
1:30-2:30pm  
3:00-4:00pm  
4:00-5:00pm  
4:15-5:15pm  
5:15-6:15pm  
5:30-6:30pm
- ★ 6:30-7:00pm  
6:45-7:45pm
- ★ 7:05-7:15pm  
7:30-8:30pm  
8:00-9:00pm

- Sunrise Cycle
- Good Morning Yoga
- Sweatshop
- Yoga II
- Abs & Back
- Piloxing
- Dance Break
- Bring it on Bootcamp
- Yoga I
- Zumba
- Cycle Flow
- Step Express
- Pilates
- Abs & back
- Balletone
- Turbo Kick

## Tuesday

- 7:45-8:45am  
11:30am-12:30pm
- ★ 12:15-12:45pm
- ★ 12:50-1:00pm  
1:00-1:45pm
- ★ 1:30-2:00pm  
2:00-3:00pm  
4:15-5:15pm  
5:15-6:15pm  
5:30-6:15pm
- ★ 6:25-6:45pm  
6:30-7:30pm  
7:00-8:00pm  
8:15-9:15pm

- PiYo
- Yoga I
- Step Express
- Abs & Back
- Bootcamp Blast
- Glutes/Guns/Guts
- Yoga II
- Yoga I
- Cardio Body Sculpt
- Cycle
- Glutes & Guts
- Yoga II
- Zumba
- Piloxing

## Wednesday

- ★ 6:30-7:30am  
7:45-8:45am
- ★ 12:15-12:45pm  
12:15-1:15pm
- ★ 12:50-1:00pm  
2:30-3:30pm  
3:00-4:00pm  
4:00-5:00pm  
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- Yoga I
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- Cycle Flow
- Step Express
- Abs & Back
- Turbo Kick

## SPRING 2012 JANUARY 15-MAY 5

### Thursday

- 7:45-8:45am  
11:30am-12:30pm
- ★ 12:15-12:45pm
- ★ 12:50-1:00pm  
1:00-1:45pm
- ★ 1:30-2:00pm  
2:00-3:00pm  
4:15-5:15pm  
5:15-6:15pm  
5:30-6:15pm
- ★ 6:25-6:45pm  
6:30-7:30pm  
8:00-9:00pm

- PiYo
- Yoga I
- Step Express
- Abs & Back
- Bootcamp Blast
- Glutes/Guns/Guts
- Yoga II
- Yoga I
- Cardio Body Sculpt
- Cycle
- Glutes & Guts
- Yoga II
- Zumba

### Friday

- 7:45-8:45am
- ★ 12:00-12:45pm
- ★ 12:15-12:45pm
- ★ 12:50-1:00pm  
4:00-5:00pm  
4:15-5:15pm

- Good Morning Yoga
- Cycle
- Sweatshop
- Abs & Back
- Zumba
- Yoga I

### Saturday

- ★ 10:15-11:00am  
11:30am-12:30pm
- ★ 12:45-1:45pm
- ★ 1:50-2:00pm

- Cycle
- Yoga II
- Turbo Kick
- Abs & Back

### Sunday

- 5:00-6:00pm  
5:15-6:15pm
- ★ 6:10-6:30pm
- ★ 6:30-7:30pm  
7:00-8:00pm

- Cardio Body Sculpt
- Yoga I
- Glutes & Guts
- Step Sonic
- Piloxing

★ INDICATES FREE CLASS

## Stuck in a Workout Rut?

Just need to switch up your normal fitness routine? Drop by for a class at any time during the semester! Stop by the Member Services desk in the Pohl Recreation Center today to purchase a one-time Group Exercise pass for only \$3.00!



**Group Exercise Passes**

<b>SPRING UNLIMITED</b>	<b>\$55</b>
<b>20 Classes</b>	<b>\$35</b>
<b>10 Classes</b>	<b>\$25</b>
<b>Single Class</b>	<b>\$3</b>

*A great way to keep that resolution! All Group Exercise classes will be FREE Jan. 15-21.*

**UNT**  
**REC SPORTS**

FOR MORE INFORMATION, STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347 OR VISIT [WWW.UNT.EDU/RECSPTS](http://WWW.UNT.EDU/RECSPTS).

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.



# GROUP EXERCISE

## Stay Active with Group Exercise!

The Pohl Recreation Center offers a variety of group exercise formats to provide you with the opportunity to get great workouts lead by experienced instructors. Classes are motivating, fun, and challenging for all fitness levels. Group Exercise can help tone your major muscles, improve cardiovascular endurance, increase flexibility and more!

Participants must sign in and pick up a participation card at the Member Services desk. The sign up sheet will be available 30 minutes prior to each class. Classroom doors will be locked at the start of class. Entrance will not be permitted after class has started. Free classes are offered at designated times. Abs & Back classes are free and do not require a participation card. All other classes require the purchase of a group exercise pass.

Classes are subject to change or cancellation due to low participation. Group Exercise participants must be Pohl Recreation Center members, have a valid UNT ID or pay the guest fee. Dependents must be at least 16 years old to participate.

### Abs & Back

Tighten and tone your entire core with effective abdominal and lower back exercises. This 10 minute class will help you find those abs you've been looking for!

### Balletone

This easy-to-follow class is designed after dance and conditioning techniques of classical ballet. Achieve an elongated look, improved posture, and core strength much like that of trained dancers. No dance attire or experience required.

### Boot Camp

Are you ready to take your workout to the next level? This class combines explosive exercises, intense cardio segments, and resistance training to produce a heart pumping muscle building workout! BootCamp will challenge your body from head to toe.

### Cardio Body Sculpt

An incredible 60-minute workout that is the ultimate in cardiovascular and strength training. This combination will challenge your mind and your muscles in a creative non-stop workout.

### Dance Break

Take a break and just dance! Re-energize during the day with a dance class led by fun and experienced dance instructors and awesome music. Get a taste of different dance styles that will help you own the dance floor. No prior dance experience needed.

### Glutes & Guts

Target those trouble zones with this gut busting, lower body sculpting workout. This class will use hand weights, medicine balls, gliders, tubing, weight bars, and the BOSU to tighten and tone your entire lower half.

### Good Morning Yoga

Start your day off with a relaxing hour of Yoga. This class will guide you through postures and poses that are specifically chosen for the morning hours.

### Cycle

Indoor cycling is a workout like no other! This high-intensity, low-impact class combines visualization techniques with amazing music to rock your workout from start to finish. Grab your water bottle and a towel and get ready to ride!

### Cycle Flow

This class is half the intensity of cycle, and half the relaxation of yoga. Two opposites come together to help you find the fitness balance that will get your heart rate up, and your stress level down.

### Pilates

This class is designed to elongate and strengthen muscles while eliminating tension and strain from the body. Improve your coordination, balance, posture, and flexibility and experience a unique mind/body connection.

### Piloxing

This class is a hybrid of two of the best: pilates and boxing. Piloxing incorporates the strengthening and cardio of boxing, gracefulness and sensuality of dance, and muscle sculpting and control of standing Pilates. This structure of interval training will effectively improve cardiovascular health, posture, and balance while keeping you grooving to great music.

### PiYo

This is a dynamic infusion of the best of sports training, strength training, flexibility training, and core conditioning with a pilates and yoga influence. PiYo is a mind and body experience like you have never had before. PiYo can easily be modified for every fitness level to enjoy.

### Step Sonic

This challenging, high-intensity cardio class is a great way to burn fat, build muscles, and shape and tone while using a step. With the help of an incredible instructor and awesome music, you'll be constantly moving, sweating, and feeling great. Step Express is a 30-minute version of this class.

### Sweatshop

This class is a nonstop, powerhouse workout guaranteed to burn calories and get your heart pumping. Students will alternate between functional strength training exercises, and high intensity cardio intervals. If you are short on time, and in need of a good sweat, this 30 minute class is for you!

### Turbo Kick

This is the hottest kickboxing class on the planet. Turbo kick is a combination of intense kick boxing, martial arts and dance moves choreographed to high energy and motivating music. It is a fierce cardiovascular challenge blended with strength and endurance training and a relaxing cool-down.

### Yoga

Everyone deserves a little me time. Kick off your shoes and relax as an instructor leads you through a class combining challenging postures and relaxing stretches. Come with an open mind, and leave with an open heart.  
Yoga I: Beginner, Yoga II: Intermediate, Yoga III: Advanced

### Zumba

Get ready to shake your Bon Bon with this fun, effective aerobic workout that fuses hypnotic Latin rhythms with easy to follow moves. This class is so much fun, you will forget you're working out!