


# REC SPORTS FITNESS – FALL 2024

# GROUP FITNESS CLASSES

Download the Rec Sports App or scan the QR code for class descriptions and to register for classes

 UNT RECREATIONAL SPORTS	MON	TUE	WED	THUR	FRI	SAT	SUN
6:30AM - 9:00AM	<b>Yoga Restor.</b> 6:30-7:30a SA   Alison	<b>Cycle 45</b> 6:30-7:15a SB   Adriana	<b>Yoga Intern.</b> 6:30-7:30a SA   Alison	<b>Cycle 45</b> 6:30-7:15a SB   Adriana			
11:00AM - 1:00PM				<b>Yoga Fund.</b> 12:00-1:00p SB   Paulette	<b>Yoga Restor.</b> 11:00-12:00p SA   Rachel		
12:15PM - 1:00PM	<b>Bells &amp; Bands</b> 12:15-1:00p SA   Natalie	<b>Cycle 30*</b> 12:00-12:30p SB   Alexis	<b>Int. Training</b> 12:15-1:00p SB   Wendy	<b>Kickboxing 30*</b> 12:00-12:30p SA   Natalie	<b>TB Sculpt</b> 12:15-1:00p SA   Alexis		
4:00PM - 6:30PM	<b>Pilates Power</b> 4:30-5:15p SA   Dana		<b>Pilates Fund.</b> 4:30-5:15p SA   Alexis		<b>Yoga Restor.</b> 4:15-5:15p SB   Paulette		
	<b>Glutes &amp; Guts</b> 5:30-6:15p SB   Aidan	<b>Cycle + Str.</b> 5:30-6:30p SB   Ashton	<b>Int. Training</b> 5:30-6:15p SB   Corey	<b>Cycle 45</b> 5:30-6:15p SB   Ashton	<b>Zumba 60</b> 5:00-6:00p SA   Jordyn		<b>Yoga Fund.</b> 5:30-6:30p SA   Rachel
	<b>Zumba 60</b> 5:30-6:30 SA   Lindsey	<b>Yoga Restor.</b> 5:30-6:30p SA   Isabelle	<b>Hip Hop Step</b> 5:30-6:15p SA   Dana	<b>Yoga Fund.</b> 5:30-6:30p SA   Isabelle	<b>Full Body Fri.</b> 5:30-6:15p SB   Aidan		
7:00PM - 8:00PM	<b>Yoga Intern.</b> 7:00-8:00p SA   Violeta	<b>Zumba 60</b> 7:00-8:00p SA   Lindsey	<b>Yoga Intern.</b> 7:00-8:00p SA   Violeta	<b>Zumba 60</b> 7:00-8:00p SA   Jordyn			
	<b>Int. Training</b> 7:15-8:00p SB   Corey	<b>Glutes &amp; Guts</b> 7:15-8:00p SB   Jackie	<b>Bells &amp; Bands</b> 7:00-8:00p SB   Aidan	<b>Glutes &amp; Guts</b> 7:15-8:00p SB   Jackie			

\$15: Semester Unlimited Pass  
\$5: Single Class

\*FREE Express Class  
\*\*Abridged schedule for Thanksgiving week

Mid-Semester Pass Drop:  
Oct. 14<sup>th</sup> – Now \$15

**KEY**

Cardio

Strength

Strength + Cardio

Mind/Body





RECREATIONAL  
SPORTS

**RECREATIONAL SPORTS**  
RECSports.UNT.EDU | (940) 565-2275  
@UNTRECSports








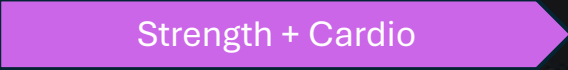


# REC SPORTS FITNESS – FALL 2024

# SMALL GROUP TRAINING

Download the Rec Sports App or scan the QR code for class descriptions and to register for training.

	MON	TUE	WED	THUR	FRI
12:00PM - 1:00PM	<b>Tread &amp; Tone</b> 12:00-1:00p WR	<b>Self Defense*</b> 12:00-1:00p SA	<b>Tread &amp; Tone</b> 12:00-1:00p WR		
4:00PM - 5:00PM			<b>Learn To Lift</b> 4:00-5:00p WR		<b>Learn To Lift</b> 4:00-5:00p WR

**KEY**

-  Cardio
-  Strength
-  Strength + Cardio
-  Mind/Body



\$45: For each 4 Session  
\*Self defense is sponsored by UNT UPD and is FREE to all members.

Mid-Semester Pass Drop:  
Oct. 14<sup>th</sup> – Now \$15



**RECREATIONAL SPORTS**  
 RECSPORTS.UNT.EDU | (940) 565-2275  
 @UNTRECSPORTS

