

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	Yoga Restor. 6:30-7:30a SA Alison	Cycle 45 6:30-7:15a SB Adriana	Yoga Intern. 6:30-7:30a SA Alison	Cycle 45 6:30-7:15a SB Adriana			
11:00AM - 1:00PM				Yoga Fund. 12:00-1:00p SB Paulette	Yoga Restor. 11:00-12:00p SA Rachel	Zumba 60 11:00a-12:00p SB Jackie	
12:15PM - 1:00PM	Bells & Bands 12:15-1:00p SA Natalie	Zumba 30* 12:00-12:30p SB Lindsey	Int. Training 12:15-1:00p SB Wendy	Kickboxing 30* 12:00-12:30p SA Natalie	TB Sculpt 12:15-1:00p SA Alexis		
4:00PM - 6:30PM	Pilates Power 4:30-5:15p SA Dana		Pilates Fund. 4:30-5:15p SA Alexis		Yoga Restor. 4:15-5:15p SB Paulette		
	Glutes & Guts 5:30-6:15p SB Aidan	Cycle + Str. 5:30-6:30p SB Ashton	Int. Training 5:30-6:15p SB Corey	Cycle 45 5:30-6:15p SB Ashton	Zumba 60 5:00-6:00p SA Jordyn		Yoga Fund. 5:30-6:30p SA Rachel
	Zumba 60 5:30-6:30 SA Lindsey	Yoga Restor. 5:30-6:30p SA Isabelle	Hip Hop Step 5:30-6:15p SA Dana	Yoga Fund. 5:30-6:30p SA Isabelle	Full Body Fri. 5:30-6:15p SB Aidan		
7:00PM - 8:00PM	Yoga Intern. 7:00-8:00p SA Violeta	Zumba 60 7:00-8:00p SA Lucy	Yoga Intern. 7:00-8:00p SA Violeta	Zumba 60 7:00-8:00p SA Lucy			
	Int. Training 7:15-8:00p SB Corey	Glutes & Guts 7:15-8:00p SB Jackie	Dance Choreo 7:00-8:00p SB Shea	Glutes & Guts 7:15-8:00p SB Jackie			

KEY

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



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

*FREE Express Class

Mid-Semester Pass Drop:
Oct. 14th – Now \$15



RECREATIONAL SPORTS

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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	Tread & Tone 12:00-1:00p WR	Self Defense* 12:00-1:00p SA	Tread & Tone 12:00-1:00p WR			
4:00PM - 5:00PM			Learn To Lift 4:00-5:00p WR		Learn To Lift 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. 14th – Now \$15



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