

REC SPORTS FITNESS – FALL 2025

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
6:30AM - 8:00AM		Cycle 45 6:30-7:15a SB Zoe		Cycle 45 6:30-7:15a SB Zoe	
12:00PM - 1:00PM	Glutes & Guts 12:15-1:00p SA Natalie	Int. Training 12:15-1:00p SB Wendy	Yoga Fund. 12:00-1:00p SA Natalie	Cycle+Strength 12:00-1:00p SB Indya	Full Body Fri. 12:15-1:00p SA Wendy
4:00PM - 7:00PM	Pilates Fund. 4:30-5:15p SA Alexis		Pilates Sculpt 4:30-5:15p SA Alexis		
	Yoga Interm. 5:30-6:30p SA Isabelle	Yoga Fund. 5:30-6:30p SA Paulette	Yoga Interm. 5:30-6:30p SA Isabelle	Yoga Fund. 5:30-6:30p SA Paulette	Circuit Blast 5:30-6:15p SA Aidan
	Dance Fitness 6:30-7:30p SB Jackie	Glutes & Guts 6:45-7:30p SB Jackie	Cycle 45 5:30-6:15p SB Sofia	Glutes & Guts 6:45-7:30p SB Jackie	
7:00PM - 8:00PM	Circuit Blast 7:00-7:45p SA Ali	Yoga Rest. 7:00-8:00p SA Krisstal	Circuit Blast 7:00-7:45p SA Ali	Yoga Rest. 7:00-8:00p SA Krisstal	

KEY

Cardio

Strength

Strength + Cardio

Mind/Body

REGISTER



\$25: Semester Unlimited Pass
\$5: Single Class

Try Before You Buy: August 18 -31.
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