

# REC SPORTS FITNESS – SPRING 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	SAT	SUN
6:30AM - 8:00AM		<b>Cycle 45</b> 6:30-7:15a SB   Zoe		<b>Cycle 45</b> 6:30-7:15a SB   Zoe			
11:00AM - 12:00PM	<b>Yoga Fund.</b> 11:00-12:00p SB   Alison				<b>Yoga Interm.</b> 11:00-12:00p SB   Rachel		
12:00PM - 1:00PM	<b>Int. Training</b> 12:15-1:00p SB   Natalie	<b>Arms &amp; Abs</b> 12:15-1:00p SB   Natalie	<b>Yoga Fund.</b> 12:00-1:00p SB   Paulette	<b>Cycle 30</b> 12:00-12:30p SB   Wendy	<b>TB Sculpt</b> 12:15-1:00p SA   Alexis		
4:00PM - 7:00PM	<b>Pilates Power</b> 4:30-5:15p SA   Dana	<b>Pilates Fund.</b> 4:30-5:15p SA   Alexis					
	<b>Circuit Blast</b> 5:30-6:15p SA   Aidan	<b>Arms &amp; Abs</b> 5:30-6:15p SA   Tommy	<b>Int. Training</b> 5:30-6:15p SB   Tommy		<b>Yoga Restor.</b> 5:30-6:30p SB   Paulette		
	<b>Yoga Fund.</b> 5:30-6:30p SB   Isabelle	<b>Cycle Rhythm</b> 5:45-6:30p SB   Dana	<b>Yoga Medit.</b> 5:30-6:30p SA   Emily	<b>Yoga Interm.</b> 5:30-6:30p SA   Isabelle	<b>Circuit Blast</b> 5:30-6:15p SA   Aidan		<b>Yoga Restor.</b> 5:30-6:30p SA   Rachel
7:00PM - 8:00PM	<b>Zumba 60</b> 7:00-8:00p SB   Lindsey	<b>Zumba 60</b> 7:00-8:00p SB   Lindsey		<b>Cycle 45</b> 7:00-7:45p SB   Melissa			
	<b>Glutes &amp; Guts</b> 7:15-8:00p SA   Jackie	<b>Yoga Interm.</b> 7:00-8:00p SA   Violeta	<b>Arms &amp; Abs</b> 7:15-8:00p SB   Aidan	<b>Glutes &amp; Guts</b> 7:15-8:00p SA   Jackie			

### KEY

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



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

Try Before You Buy: January 13-26. Purchase and Save \$5!



RECREATIONAL SPORTS  
RECSPTS.UNT.EDU | (940) 565-2275  
@UNTRECSPTS  


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# SMALL GROUP TRAINING



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

## MEAN GREEN: LEARN TO LIFT

**Tuesdays/Thursdays | 5:15pm-6:15pm | \$45**

Build a strong lifting foundation through proper technique and execution. We'll focus on form first, then build strength and lean muscle for incredible results!

**FREE TRIAL CLASSES: January 21 and January 23**

**4-WEEK SESSION: Jan. 28 – Feb. 20**

*Register by Jan 27*

## UPD: SELF DEFENSE 101

**Tuesdays | 12:00-1:00pm | FREE**

Hosted by UPD, this is an introduction to self defense utilizing Brazilian JiuJitsu concepts for ground control and additional defense techniques. **Members & Non-members welcome.**

**6-WEEK SESSION: Jan 28. – Mar. 4**

*Register by Jan 27*

## MEAN GREEN: COUCH TO 5K

**Group A: Mondays | 5:30pm-6:30pm | \$25**

**Group B: Tuesdays | 6:30am-7:30am | \$25**

This 6-week series is designed to help you get race-ready or establish a new fitness routine! Participants will enjoy weekly meet-ups that combine cardio, bootcamp drills, and strength exercises, plus receive a complimentary 5K training plan to support your journey toward crushing your first 5K, one step at a time!

**Members & Non-members welcome.**

**FREE TRIAL CLASS: March 3 and March 4**

**6-WEEK SESSION: Mar. 17 – Apr. 24**

*Register by Mar. 16*

## MEAN GREEN: BUILD YOUR LIFT

**Tuesdays/Thursdays | 5:15pm-6:15pm | \$45**

Completed Learn to Lift or already feel confident in your lifting? Over the next four weeks we'll focus on varying lifts, building strength, and increasing load for more results!

**FREE TRIAL CLASSES: March 4 and March 6**

**4-WEEK SESSION: Mar. 18 – Apr. 10**

*Register by Mar 17*

## DANCE INSTRUCTOR CAMP

**Friday/Saturday | 8:00am-12:00pm | \$15**

Interested in teaching Dance Fitness classes? This weekend bootcamp is designed to teach you how to lead dynamic dance fitness classes in an immersive, energizing environment!

**February 7 – 8**

*Register by Feb. 6*

## CYCLE INSTRUCTOR CAMP

**Friday/Saturday | 8:00am-12:00pm | \$15**

Interested in teaching Cycle/Spin classes? Unlock your potential as a UNT cycle instructor in our intensive weekend camp. Learn top techniques, choreography, and motivation strategies to become a great instructor.

**March 21 – 22**

*Register by Mar. 20*

**Stronger Together: Come join us at UNT Rec Sports for Small Group Training and crush your fitness goals with expert guidance and a supportive community!**



**RECREATIONAL SPORTS**

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