

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		Cycle 45 6:30-7:15a SB Zoe		Cycle 45 6:30-7:15a SB Zoe			
11:00AM - 12:00PM	Yoga Fund. 11:00-12:00p SB Alison				Yoga Interm. 11:00-12:00p SB Isabelle		
12:00PM - 1:00PM	Int. Training 12:15-1:00p SB Natalie	Arms & Abs 12:15-1:00p SB Natalie	Yoga Fund. 12:00-1:00p SB Paulette	Cycle 30 12:00-12:30p SB Wendy	TB Sculpt 12:15-1:00p SA Alexis		
4:00PM - 7:00PM	Pilates Power 4:30-5:15p SB Dana	Pilates Fund. 4:30-5:15p SA Alexis					
	Circuit Blast 5:30-6:15p SA Aidan	Arms & Abs 5:30-6:15p SA Alexis	Int. Training 5:30-6:15p SB		Yoga Restor. 5:30-6:30p SB Paulette		
	Yoga Fund. 5:30-6:30p SB Isabelle	Cycle Rhythm 5:45-6:30p SB Dana	Yoga Medit. 5:30-6:30p SA Emily	Yoga Interm. 5:30-6:30p SA Isabelle	Circuit Blast 5:30-6:15p SA Aidan		Yoga Restor. 5:30-6:30p SA Isabelle
7:00PM - 8:00PM	Zumba 60 7:00-8:00p SB Lindsey	Zumba 60 7:00-8:00p SB Lindsey		Cycle 45 7:00-7:45p SB Melissa			
	Glutes & Guts 7:15-8:00p SA Jackie	Yoga Interm. 7:00-8:00p SA Violeta	Arms & Abs 7:15-8:00p SB Aidan	Glutes & Guts 7:15-8:00p SA Jackie			

KEY

	Cardio
	Strength
	Strength + Cardio
	Mind/Body



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



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



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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

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!



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