

REC SPORTS FITNESS – FALL 2026

GROUP FITNESS CLASSES

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

SUN	MON	TUE	WED	THU	FRI	SAT
	Cycle 45 6:30-7:15a SB Zoe		Pilates Sculpt 6:30-7:15a SB Aspen		Cycle 45 6:30-7:15a SB Zoe	
	Yoga Fund. 11:00a-12:00p SB Haley	Int. Training 12:15-1:00p SB Michael	Yoga Fund. 12:00-1:00p SA Natalie	Yoga Int. 12:00-1:00p SB Haley	Yoga Rest. 11:00-12:00p SB Jordan	
	Glutes & Guts 12:15-1:00p SA Natalie	Yoga Fund. 12:00-1:00p SA Jeamy	Cycle 30 12:15-12:45p SB Wendy		Full Body Fri. 12:15-1:00p SA Antwan	
	Int. Training 5:30-6:15p SB Antwan	Hybrid Hour 3:00-4:00p SB Michael	HardCore 12:50-1:00p SB Wendy			
	Zumba 5:30-6:15p SA Khadijah	Yoga Int. 4:30-5:30p SB Jordan	Dance Fitness 5:30-6:15p SA Lindsey	Yoga Fund. 4:30-5:30p SB Haley		
	Pilates Sculpt 6:30-7:15p SA Aspen	Pilates Fund. 5:30- 6:15p SA Indya	Pilates Fund 6:30-7:15p SA Aspen	Pilates Sculpt 5:30-6:15p SA Indya	Int. Training 5:30-6:15p SB Antwan	*Expl. Strength 5:30-6:15p SA Michael
		Yoga Rest. 7:00-8:00p SA Paulette		Yoga Rest. 7:00-8:00p SA Paulette		

*This class includes explicit lyrics and language

KEY

Strength

Mind/Body

Strength + Cardio

Cardio



ALL FREE!



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