

# REC SPORTS FITNESS – SPRING 2026

## GROUP FITNESS CLASSES

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

|  UNT<br>RECREATIONAL<br>SPORTS | SUN                                    | MON                                        | TUE                                          | WED                                       | THU                                        | FRI                                         | SAT                                     |
|-----------------------------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------------------|----------------------------------------------|-------------------------------------------|--------------------------------------------|---------------------------------------------|-----------------------------------------|
| 6:30AM<br>-<br>8:00AM                                                                                           |                                        |                                            | Cycle 45<br>6:30-7:15a<br>SB   Zoe           |                                           | Cycle 45<br>6:30-7:15a<br>SB   Zoe         |                                             |                                         |
| 10:00AM<br>-<br>1:00PM                                                                                          |                                        | Yoga Fund.<br>12:00-1:00p<br>SB   Haley    | Int. Training<br>12:15-1:00p<br>SB   Natalie | Yoga Fund.<br>12:00-1:00p<br>SB   Natalie | Cycle 45<br>12:15-1:00p<br>SB   Wendy      | Full Body Fri.<br>12:15-1:00p<br>SA   Wendy | Zumba<br>10:00-11:00a<br>SA   Stephanie |
| 4:00PM<br>-<br>6:30PM                                                                                           | Yoga Rest.<br>4:00-5:00p<br>SA   Haley | Circuit Blast<br>4:30-5:15p<br>SA   Aidan  | Yoga Fund.<br>4:30-5:30p<br>SB   Sophie      | Circuit Blast<br>4:30-5:15p<br>SA   Aidan |                                            |                                             |                                         |
|                                                                                                                 |                                        | Yoga Int.<br>5:30-6:30p<br>SB   Isabelle   |                                              | Cycle 45<br>5:30-6:15p<br>SB   Sofia      | Yoga Fund.<br>5:30-6:30p<br>SB   Paulette  | Int. Training<br>5:30-6:15p<br>SB   Aidan   |                                         |
|                                                                                                                 |                                        | Pilates Sculpt<br>5:30-6:15p<br>SA   Indya | Yoga Rest.<br>5:30-6:30p<br>SA   Paulette    | Yoga Int.<br>5:30-6:30p<br>SA   Isabelle  | Zumba<br>5:30-6:15p<br>SA   Khadijah       | Yoga Int.<br>5:30-6:30p<br>SA   Jordan      |                                         |
| 6:30PM<br>-<br>8:00PM                                                                                           |                                        | Zumba<br>6:45-7:30p<br>SB   Stephanie      | Zumba<br>6:30-7:15p<br>SB   Khadijah         |                                           | Pilates Sculpt<br>6:45-7:30p<br>SB   Aspen |                                             |                                         |
|                                                                                                                 |                                        | Yoga Rest.<br>7:00-8:00p<br>SA   Jordan    | Pilates Fund.<br>6:45-7:30p<br>SA   Aspen    | Yoga Rest.<br>7:00-8:00p<br>SA   Jordan   |                                            |                                             |                                         |

### KEY

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



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



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