### August Schedule: August 1 – August 16

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<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Pilates Mat</td>
<td>Total Body Sculpt</td>
<td>Interval Training</td>
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<td>Cycle 45</td>
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<td>5:30 – 6:30p</td>
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<td>Zumba</td>
<td>Yoga-Fundamental</td>
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<td>Pilates Mat</td>
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<td>6:45 – 7:30p</td>
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<td>6:30 – 7:45p</td>
<td>Cycle + Strength</td>
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<td>Glutes &amp; Guts</td>
<td>Yoga-Fundamental</td>
<td>Zumba</td>
<td>Cycle + Strength</td>
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### KEY

- **SA** = Studio A
- **SB** = Studio B
- **LP** = Pool
- **W** = Weight Room

**Download the Rec Sports App or visit my.recspors.unt.edu for more information and to register for classes**

**Schedule subject to change**
**Cycle 45**
Climb, sprint, and work through intervals in this music driven, high energy class.

**Cycle + Strength**
You’ve tried a traditional cycling class. Now, why not mix it up? This class will combine intervals of cardio with strength conditioning, moving between the bike and equipment on the ground.

**Glutes & Guts**
Strengthen and tone the core area of the body including your abs, back, and butt!

**Interval Training**
Dumbbells, kettlebells, ski ergs, rowers, and air bikes are a few of the tools you’ll use in this interval-based class. It’s time to test our limits!

**Pilates Mat**
A low impact, mat-based class that focuses on strengthening and stabilizing muscles, while improving postural alignment and flexibility.

**Total Body Sculpt**
Work all muscle groups through a variety of strength exercises to shape and tone from head to toe.

**Yoga-Fundamental**
Discover foundational poses and breathwork in this beginner-friendly class, fostering strength, flexibility, and mindfulness for a balanced start to your yoga journey.

**Yoga-Intermediate**
Elevate your practice with dynamic sequences and progressive postures. Cultivate balance, endurance, and mindfulness in this energizing yoga class.

**Yoga-Restorative**
Unwind and rejuvenate through gentle poses and deep relaxation. Release tension, calm the mind, and restore balance in this soothing and nourishing class for all levels.

**Zumba**
High-energy Latin and international beats will move you through an all levels, no one’s watching, dance class!