# Free Fitness Events

## Spring 2020

### How to Gym for Beginners

**Jan. 16 | 9:00am-10:00am**  
**Jan. 19 | 11:00am-12:00pm**  
**Jan. 25 | 2:00pm-3:00pm**

An informal session with our staff covering everything “Rec” including a basic overview of weight room equipment.

Sign up online at recsports.unt.edu, by emailing recsports@unt.edu, or by calling us at (940) 565-2275. Please be sure to include your name & ID number.

### GLOW WITH THE FLOW Yoga

**Feb. 5 | 8:00pm-9:00pm**

Join us for an invigorating and heart opening Vinyasa Flow Yoga class combining breath, movement of your body and a lively playlist. We will illuminate our inner light with the flow of black lights, body paint and glow sticks.

Sign up online at recsports.unt.edu by February 4.

### Bench Press Competition

**Feb. 19 | 6:00pm**

Take the competition to the bench! There will be divisions for men and women and various weight classes.

Sign up online at recsports.unt.edu by February 18.

### GLOW WITH THE FLOW Yoga

**Feb. 25 | 4:00pm-5:00pm**

A powerful, energetic yoga flow incorporating strength, flexibility, balance, cardio and physical and mental stamina. This class will use Vinyasa sequences while adding variations to intensify and challenge the body.

### Group EX Challenge

**Mar. 23 - Apr. 24**

This challenge will require dedication and will push you to stay active! Register for the challenge with your instructor and start working your way through your bingo card to win a prize!

### Meditate & Breathe

**Mar. 31 | 4:00pm-5:00pm**

Join us as we re-center our awareness around our breath. This hour long guided meditation will calm your thoughts & create a deeper connection between your mind & body.

### Indoor Triathlon

**Apr. 8 | 6:00pm**

Show off your swimming, cycling, and running skills in this race consisting of a 10-minute swim, 20-minute cycle, and 20-minute run. Winners will be determined based on the distance covered at each event within the allotted time.

Sign up online at recsports.unt.edu by April 3.

### Sunset Cycle

**Apr. 15 | 7:30pm-8:30pm**

Join us as we move our indoor cycle bikes outside for the evening! Wrap up your day by tackling hills and sprints all while enjoying the beautiful sunset.

### Recover & Restore

**Apr. 28 | 4:00pm-5:00PM**

Wind down and learn how to build recovery into your personal fitness programs! This class will teach you the proper techniques of rolling and stretching, as well as sample mind-body practices that assist in recovery while decreasing physical and mental tension.