

GROUP EXERCISE

INTERIM SCHEDULE | AUGUST 13-24

MONDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (B)
12:15PM-12:45PM	STRENGTH CIRCUIT (A)
12:50PM-1:00PM	ROLL & RECOVER (A)
5:30PM-6:30PM	VINYASA FLOW YOGA (A)
5:30PM-6:30PM	CYCLE (B)
6:45PM-7:45PM	DANCE FITNESS (A)

TUESDAY

11:30AM-12:30PM	PILATES (B)
12:15PM-12:45PM	HIIT (A)
12:50PM-1:00PM	HARD CORE (A)
5:30PM-6:30PM	HIIT BOXING (A)
5:30PM-6:30PM	SLOW FLOW YOGA (B)
6:45PM-7:45PM	ZUMBA (A)

WEDNESDAY

11:30AM-12:30PM	SLOW FLOW YOGA (A)
12:15PM-12:45PM	CYCLE EXPRESS (B)
12:50PM-1:00PM	HARD CORE (B)
5:30PM-6:30PM	STRENGTH CIRCUIT (A)
5:30PM-6:30PM	CORE FLOW YOGA (B)
6:45PM-7:45PM	DANCE FITNESS (A)



INDICATES THE CLASS IS NEW!

THURSDAY

11:30AM-12:30PM	PILATES (B)
12:15PM-12:45PM	STRENGTH CIRCUIT (A)
12:50PM-1:00PM	ROLL & RECOVER (A)
5:30PM-6:30PM	ZUMBA (A)
5:30PM-6:30PM	VINYASA FLOW YOGA (B)
6:45PM-7:45PM	CORE CYCLE (B)

FRIDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (B)
12:15PM-12:45PM	HIIT (A)
12:50PM-1:00PM	HARD CORE (A)
5:30PM-6:30PM	SLOW FLOW YOGA (B)

SUNDAY

5:30PM-6:30PM	DANCE CHOREO (A)
---------------	------------------

IMPORTANT DATES

JUL. 9-AUG. 9	SUMMER II GX SCHEDULE DATES
AUG. 13-24	INTERIM GX SCHEDULE DATES
AUG. 13-31	ALL GX CLASSES FREE
AUG. 25-DEC. 13	FALL GX SCHEDULE DATES



@UNTRCSPTS

RECREATIONAL SPORTS

www.recsports.unt.edu

940-565-2275 | 940-369-8347

UNT[®]
EST. 1890

GROUP EXERCISE

GROUP EXERCISE CLASS DESCRIPTIONS

THE INTERIM GROUP EX SCHEDULE RUNS **AUGUST 13-24**
AND ALL CLASSES ARE **FREE** TO PARTICIPATE!

CORE CYCLE

45 MINUTES OF CYCLING INTERVALS AND HILLS ON THE BIKE FOLLOWED BY 15 MINUTES OF CORE STRENGTHENING EXERCISES WITH VARIOUS EQUIPMENT.

CYCLE/CYCLE EXPRESS

A HIGH INTENSITY, LOW IMPACT STATIONARY CYCLE CLASS THAT INVOLVES CARDIO CHALLENGES BY VARYING SPEED AND RESISTANCE.

DANCE CHOREO

EACH WEEK, THIS CLASS WILL FOCUS ON BREAKING DOWN AND LEARNING THE CHOREOGRAPHY TO A NEW SONG.

DANCE FITNESS

A PRE-CHOREOGRAPHED DANCE CLASS FULL OF DIVERSE MUSIC GENRES TO GET YOU MOVING AND HAVING FUN. NO DANCE EXPERIENCE REQUIRED.

HARD CORE

THIS CLASS INCORPORATES EXERCISES THAT TARGET YOUR ABDOMINALS, OBLIQUES, AND UPPER BACK TO HELP YOU BUILD A STRONGER CORE.

HIIT

HIGH INTENSITY INTERVAL TRAINING FOCUSED ON SHORT, INTENSE ACTIVITY BURSTS FOLLOWED BY BRIEF RECOVERY PERIODS TO KICK YOUR METABOLISM INTO OVERDRIVE.

HIIT BOXING

THIS MIXED MARTIAL ARTS-INSPIRED, TOTAL-BODY WORKOUT USES CORE CONDITIONING COMBINATIONS, BODYWEIGHT MOVES, AND CARDIO SPIKES TO BURN MAJOR CALORIES.

PILATES

A LOW-IMPACT, MAT BASED CLASS THAT FOCUSES ON STRENGTHENING MUSCLES WHILE IMPROVING POSTURAL ALIGNMENT AND FLEXIBILITY.

ROLL & RECOVER

THIS CLASS WILL FOCUS ON FOAM ROLLING AND STRETCHING TECHNIQUES TO RELEASE MUSCLE TENSION, LENGTHEN FASCIA, AND IMPROVE FLEXIBILITY.

STEP EXPRESS

THIS CLASS UTILIZES ADJUSTABLE STEPS AND CHOREOGRAPHY TO BRING YOUR CARDIOVASCULAR WORKOUT TO NEW AND EXCITING HEIGHTS.

STRENGTH CIRCUIT

AN ALL STRENGTH, NO CARDIO WORKOUT WITH TIMED INTERVALS TO STRENGTHEN MUSCLES USING DUMBBELLS, GLIDERS, STABILITY BALLS, AND OTHER EQUIPMENT.

SWEATSHOP

A NONSTOP, POWERHOUSE WORKOUT ALTERNATING BETWEEN FUNCTIONAL STRENGTH TRAINING EXERCISES AND HIGH INTENSITY CARDIO INTERVALS.

YOGA

THESE CLASSES COMBINE POSES & STRETCHES TO CREATE A MIND & BODY CONNECTION. MATS ARE PROVIDED, BUT WE ENCOURAGE YOU TO BRING YOUR OWN.

CORE FLOW YOGA: *INTERMEDIATE*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT A MODERATE PACE WITH MOVES THAT FOCUS PRIMARILY ON YOUR CORE.

SLOW FLOW YOGA: *BEGINNER*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT A SLOWER PACE.

VINYASA FLOW YOGA: *INTERMEDIATE*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT AN ACCELERATED PACE.

ZUMBA

WITH RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS SOARING!