

# GROUP EXERCISE

JANUARY 14 - FEBRUARY 2

## SPRING 2018

### MONDAY

- 11:30AM-12:30PM
  - ★12:15PM-12:45PM
  - ★12:50PM-1:00PM
  - 4:15PM-5:15PM
  - 5:30PM-6:30PM
  - 5:30PM-6:30PM
  - 6:45PM-7:15PM
  - 6:45PM-7:45PM
  - ★7:20PM-7:45PM
  - 8:00PM-9:00PM
- SLOW YOGA FLOW (B)
  - SWEATSHOP (A)
  - GLUTES & GUTS (A)
  - PILATES (B)
  - ZUMBA (A)
  - VINYASA YOGA FLOW (B)
  - T-30 (A)
  - CYCLE (B)
  - ★ CONES & LADDERS (A)
  - DANCE FITNESS (A)

### TUESDAY

- 11:15AM-12:15PM
  - ★12:15PM-12:45PM
  - ★12:50PM-1:00PM
  - 4:15PM-5:15PM
  - 5:30PM-6:30PM
  - 5:30PM-6:30PM
  - 6:45PM-7:30PM
  - 6:45PM-7:45PM
  - ★7:35PM-7:50PM
  - 8:00PM-9:00PM
  - 8:00PM-9:00PM
- VINYASA YOGA FLOW (A)
  - CYCLE EXPRESS (B)
  - ABS & BACK (B)
  - YIN YOGA (B)
  - RIPPED (A)
  - ZUMBA (B)
  - CARDIO KICKBOXING (A)
  - PILATES (B)
  - BOOTY BLAST (A)
  - ZUMBA (A)
  - SLOW YOGA FLOW (B)

### WEDNESDAY

- 11:30AM-12:30PM
  - ★12:15PM-12:45PM
  - ★12:50PM-1:00PM
  - 4:15PM-5:15PM
  - 5:30PM-6:30PM
  - 5:30PM-6:30PM
  - 6:45PM-7:15PM
  - 6:45PM-7:45PM
  - ★7:20PM-7:45PM
  - 8:00PM-9:00PM
- SLOW YOGA FLOW (B)
  - SWEATSHOP (A)
  - GLUTES & GUTS (A)
  - PILATES (B)
  - ZUMBA (A)
  - VINYASA YOGA FLOW (B)
  - T-30 (A)
  - CYCLE (B)
  - ★ CONES & LADDERS (A)
  - DANCE FITNESS (A)

#### GROUP EX SPECIALS

- ALL CLASSES FREE JAN. 2-20
- DOLLAR DAYS FEB. 11-FEB. 17
- ALL CLASSES FREE MAY 6-11

### THURSDAY

- 11:15AM-12:15PM
  - ★12:15PM-12:45PM
  - ★12:50PM-1:00PM
  - 4:15PM-5:15PM
  - 5:30PM-6:30PM
  - 5:30PM-6:30PM
  - 6:45PM-7:30PM
  - 6:45PM-7:45PM
  - ★7:35PM-7:50PM
  - 8:00PM-9:00PM
  - 8:00PM-9:00PM
- VINYASA YOGA FLOW (B)
  - STEP EXPRESS (A)
  - ABS & BACK (A)
  - SLOW YOGA FLOW (B)
  - RIPPED (A)
  - DANCE FITNESS (B)
  - CARDIO KICKBOXING (A)
  - PILATES (B)
  - BOOTY BLAST (A)
  - ZUMBA (A)
  - YIN YOGA (B)

### FRIDAY

- 11:30AM-12:30PM
  - ★12:15PM-12:45PM
  - ★12:50PM-1:00PM
  - 4:15PM-5:15PM
  - 5:30PM-6:30PM
- YIN YOGA (B)
  - T-30 (A)
  - ABS & BACK (A)
  - VINYASA YOGA FLOW (B)
  - ZUMBA (A)

### SATURDAY

- 11:00AM-12:30PM
  - 12:45PM-1:45PM
- WEEKEND WARRIOR YOGA (B)
  - ZUMBA (A)

### SUNDAY

- 4:30PM-6:00PM
  - ★6:15PM-6:45PM
  - ★6:50PM-7:00PM
  - 7:00PM-8:00PM
  - 8:15PM-9:00PM
- WEEKEND WARRIOR YOGA (B)
  - CYCLE EXPRESS (B)
  - ABS & BACK (B)
  - ZUMBA (A)
  - ★ GUIDED MEDITATION (A)

#### GROUP EX PASSES

- SPRING UNLIMITED \$55
- 20 CLASSES \$35
- 10 CLASSES \$25
- SINGLE CLASS \$3

★ INDICATES THE CLASS IS FREE!



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# GROUP EXERCISE

JANUARY 14 - FEBRUARY 2

## STAY ACTIVE WITH GROUP EXERCISE!

The Pohl Rec Center offers a variety of group exercise formats to provide you with the opportunity to get great workouts led by experienced instructors. Classes are motivating, fun, and challenging for all fitness levels. Group Exercise can help tone your major muscles, improve cardiovascular endurance, increase flexibility and more! Participants must sign in upstairs, inside the group exercise rooms. A pass must be purchased at the member services desk. Classroom doors will be locked after the start of class, and no entrance will be permitted after class has started. Free classes are offered at designated times. Classes are subject to change or cancellation due to low participation; class must have a minimum of 2 participants. Group Exercise participants must be Rec Center members, have a valid UNT ID or pay the guest fee. Participants must be at least 16 years old to participate and be accompanied by an adult.

**PASSES WILL NOT BE REPLACED IF LOST OR STOLEN.**

## CLASS DESCRIPTIONS

### ABS & BACK

TIGHTEN AND TONE YOUR ENTIRE CORE WITH TARGETED, EFFECTIVE ABDOMINAL AND LOWER BACK EXERCISES.

### BOOTY BLAST

THIS 15 MINUTE CLASS CATERS TO THOSE AREAS WE ALL WANT TO BE FIRMER - TONED THIGHS, LIFTED BUTTS, AND SLENDER HIPS ARE JUST SOME OF THE BENEFITS YOU WILL RECEIVE!

### CARDIO KICKBOXING

KICK, PUNCH, AND GROOVE THE CALORIES AWAY IN THIS INTENSE, ACTION-PACKED, FUN, AND EFFECTIVE CARDIO WORKOUT!

### CONES & LADDERS

DURING THIS QUICK 30 MINUTE CLASS YOU WILL TEST YOUR AGILITY, SPEED AND COORDINATION USING CONES, AGILITY LADDERS & MORE!

### CYCLE

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

### DANCE FITNESS

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

### GUIDED MEDITATION

RESTORE, RENEW AND DE-STRESS WITH SIMPLE MEDITATION AND BREATHING EXERCISES THAT LEAD TO INNER CALM AND PEACE.

### GLUTES & GUTS

A QUICK, HIGH ENERGY MUSCLE CONDITIONING CLASS THAT TARGETS AND TONES YOUR ENTIRE CORE AND LOWER BODY.

### PILATES

A MAT-WORK BASED CLASS MEANT TO TONE AND TIGHTEN YOUR ENTIRE BODY FOR LONG, LEAN MUSCLES.

### RIPPED

THIS BARBELL BASED CLASS IS ONE OF THE FASTEST WAYS TO GET IN SHAPE, FOCUSING ON LOW WEIGHT LOADS WITH SIMPLE MOVEMENTS.

### STEP EXPRESS

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

### SWEATSHOP

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

### T-30

THIS CLASS IS A FAST-PACED, TOTAL BODY TABATA WORKOUT DESIGNED TO BUILD YOUR CARDIO ENDURANCE AND STRENGTH.

### YOGA

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

**SLOW YOGA FLOW: BEGINNER**

**VINYASA YOGA FLOW: INTERMEDIATE**

**YIN YOGA: INTERMEDIATE**

INVITES YOU TO SLOW DOWN WHILE NOURISHING JOINTS, LIGAMENTS, TENDONS AND FASCIA. POSES ARE HELD FOR 2-5 MINUTES ALLOWING JOINTS AND FASCIA TO RELEASE.

**WEEKEND WARRIOR YOGA: INTERMEDIATE**

THIS 90-MINUTE CLASS WILL FOCUS ON INCREASING BALANCE, FLEXIBILITY, AND BREATHING CAPACITY.

### ZUMBA

FEATURING RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS SOARING BEFORE YOU KNOW IT.