

# GROUP EXERCISE

FALL 2018 | AUGUST 27 - DECEMBER 14

## MONDAY

11:30AM-12:30PM	VINYASA YOGA FLOW (B)
★12:15PM-12:45PM	SWEATSHOP (A)
★12:50PM-1:00PM	GLUTES & GUTS (A)
5:30PM-6:30PM	ZUMBA (A)
5:30PM-6:30PM	STRENGTH CIRCUIT (B)
6:45PM-7:30PM	ATHLETIC CONDITIONING (A)
6:45PM-7:30PM	CYCLE (B)

## TUESDAY

6:15AM-7:15AM	 SUNRISE YOGA (B)
11:30AM-12:30PM	SLOW FLOW YOGA (A)
★12:15PM-12:45PM	CYCLE EXPRESS (B)
★12:50PM-1:00PM	 ARMS & ABS (B)
5:30PM-6:15PM	HIIT (A)
5:30PM-6:30PM	VINYASA YOGA FLOW (B)
★6:20PM-6:40PM	 ROLL & RECOVER (A)
6:45PM-7:45PM	PILATES (B)
7:00PM-8:00PM	ZUMBA (A)
8:00PM-8:30PM	T-30 (B)

## WEDNESDAY

11:30AM-12:30PM	VINYASA YOGA FLOW (B)
★12:15PM-12:45PM	SWEATSHOP (A)
★12:50PM-1:00PM	GLUTES & GUTS (A)
4:15PM-5:15PM	SLOW FLOW YOGA (B)
5:30PM-6:30PM	ZUMBA (A)
5:30PM-6:30PM	STRENGTH CIRCUIT (B)
6:45PM-7:30PM	ATHLETIC CONDITIONING (B)
6:45PM-7:45PM	ZUMBA (A)
7:45PM-9:00PM	SLOW FLOW YOGA (B)

★ INDICATES THE CLASS IS FREE!

 INDICATES THE CLASS IS NEW!

## THURSDAY

6:15AM-7:15AM	 SUNRISE YOGA (B)
11:30AM-12:30PM	SLOW FLOW YOGA (B)
★12:15PM-12:45PM	KICKBOXING EXPRESS (A)
★12:50PM-1:00PM	 ARMS & ABS (A)
5:30PM-6:15PM	HIIT (A)
5:30PM-6:30PM	VINYASA YOGA FLOW (B)
★6:20PM-6:40PM	 ROLL & RECOVER (A)
6:45PM-7:45PM	PILATES (B)
7:00PM-8:00PM	ZUMBA (A)
8:00PM-8:30PM	T-30 (B)

## FRIDAY

11:30AM-12:30PM	VINYASA YOGA FLOW (B)
★12:15PM-12:45PM	STEP EXPRESS (A)
★12:50PM-1:00PM	GLUTES & GUTS (A)
5:30PM-6:30PM	ZUMBA (A)

## SATURDAY

10:30AM-11:30AM	ZUMBA (A)
11:45AM-12:30PM	CYCLE (B)
★12:35PM-12:45PM	 ARMS & ABS (B)

## SUNDAY

12:30PM-1:45PM	WEEKEND WARRIOR YOGA (B)
6:15PM-7:15PM	CYCLE (B)
7:30PM-8:30PM	SLOW FLOW YOGA (A)

### GROUP EX PASSES

FALL UNLIMITED 	\$25
SINGLE CLASS	\$5

### GROUP EX SPECIALS

DOLLAR DAYS	OCT. 14-20
ALL CLASSES FREE	DEC. 9-21



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# GROUP EXERCISE

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## GROUP EXERCISE CLASS DESCRIPTIONS

### ARMS & ABS

STRENGTHEN YOUR BICEPS, TRICEPS, SHOULDERS, UPPER BACK AND CORE USING A VARIETY OF EQUIPMENT IN THIS QUICK 10 MINUTE CLASS.

### ATHLETIC CONDITIONING

A FUN, INTENSE CLASS USING PLYOMETRICS, AGILITY, AND SPRINTS TO IMPROVE SPEED, STRENGTH, AND BUILD MUSCLE.

### CYCLE/CYCLE EXPRESS

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

### GLUTES & GUTS

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

### HIIT

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

### KICKBOXING EXPRESS

PUNCH AND KICK THE CALORIES AWAY WITH THIS INTENSE, AND EFFECTIVE TOTAL BODY WORKOUT! RELEASE YOUR STRESS AND ENHANCE YOUR STRENGTH.

### PILATES

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

### ROLL & RECOVER

JOIN IN ON THIS CLASS WHERE YOU WILL PERFORM 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 USING TIMED INTERVALS TO STRENGTHEN ALL OF YOUR 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.

### T-30

THIS CLASS INCORPORATES STRENGTH AND CONDITIONING EXERCISES WHILE UTILIZING THE "TABATA" METHOD FOR TIMED EXERCISE/REST INTERVAL PERIODS.

### 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 FLOW YOGA: BEGINNER

THIS CLASS WILL BE DONE IN COORDINATION WITH YOUR BREATH AT A SLOWER PACE.

#### SUNRISE YOGA: INTERMEDIATE

START YOUR DAY RIGHT WITH THIS ENERGIZING VINYASA FLOW CLASS TO WAKE UP YOUR BODY AND MIND.

#### VINYASA YOGA FLOW: INTERMEDIATE

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

#### 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 75-MINUTE CLASS WILL FOCUS ON INCREASING BALANCE, FLEXIBILITY, AND BREATHING CAPACITY.

### ZUMBA

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