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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>PILATES (B)</td>
<td>VINYASA FLOW YOGA (B)</td>
<td>PILATES (B)</td>
<td>SLOW FLOW YOGA (B)</td>
<td>SLOW FLOW YOGA (B)</td>
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<tr>
<td>STEP EXPRESS (A)</td>
<td>SWEATSHOP (A)</td>
<td>CYCLE EXPRESS (A)</td>
<td>SHRED (A)</td>
<td>STEP EXPRESS (A)</td>
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<tr>
<td>ARMS &amp; ABS (A)</td>
<td>HARD CORE (A)</td>
<td>SHRED (A)</td>
<td>ARMS &amp; ABS (A)</td>
<td>ARMS &amp; ABS (A)</td>
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<tr>
<td>HIIT (A)</td>
<td>ZUMBA (A)</td>
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<td>DANCE FITNESS (A)</td>
<td>CYCLE (B)</td>
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<tr>
<td>SLOW FLOW YOGA (B)</td>
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<td>CORE FLOW YOGA (B)</td>
<td>VINYASA FLOW YOGA (B)</td>
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<td>DANCE FITNESS (A)</td>
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<td>VINYASA FLOW YOGA (B)</td>
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</tbody>
</table>

**GROUP EX PASSES**

- **BUNDLE PACKAGE***: $35
- SUMMER UNLIMITED: $15
- SINGLE CLASS: $5

*THE NEW BUNDLE PACKAGE INCLUDES AN UNLIMITED GROUP EX PASS AND ONE SPECIALTY CLASS OF YOUR CHOICE. THE UNLIMITED GROUP EX PASS AND SPECIALTY CLASS MUST BE PURCHASED AT THE SAME TIME.

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**GROUP EX SPECIALS**

- ALL CLASSES FREE
- MAY 13-18

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**RECREATIONAL SPORTS**

[www.recsports.unt.edu](http://www.recsports.unt.edu)

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GROUP EXERCISE

GROUP EXERCISE CLASS DESCRIPTIONS

SUMMER GROUP EX PASSES ARE VALID MAY 20 THROUGH AUGUST 9 AND CAN BE PURCHASED AT THE MEMBER SERVICES DESK INSIDE THE REC CENTER.

**ARMS & ABS**
STRENGTHEN YOUR BICEPS, TRICEPS, SHOULDERS, UPPER BACK AND CORE WHILE USING A VARIETY OF EQUIPMENT.

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

**CYCLE/CYCLE EXPRESS**
A HIGH INTENSITY, LOW IMPACT STATIONARY CYCLE CLASS THAT INVOLVES CARDIO CHALLENGES BY VARYING SPEED 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.

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

**SHRED**
A FULL-BODY STRENGTH TRAINING WORKOUT WITH MOVEMENTS DONE TO THE BEAT OF MOTIVATING MUSIC.

**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.

**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!