**REC SPORTS FITNESS - JULY 2024**

**GROUP FITNESS CLASSES**

July Schedule: July 1 – July 31 (No class on July 4th)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>SB 12:15 – 1:00p</td>
<td>12:15 – 1:00p</td>
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<tr>
<td>Pilates Mat</td>
<td>Total Body Sculpt</td>
<td>Interval Training</td>
<td>Total Body Sculpt</td>
<td>Cycle 45</td>
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<tr>
<td>Yoga- Fundamental</td>
<td>*Learn To Lift</td>
<td>Yoga- Intermediate</td>
<td>*Learn To Lift</td>
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<tr>
<td>SB 5:30 – 6:30p</td>
<td>5:30 – 6:30p</td>
<td>5:30 – 6:30p</td>
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<tr>
<td>Zumba</td>
<td>Yoga- Fundamental</td>
<td>Yoga- Fundamental</td>
<td>Yoga- Restorative</td>
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<tr>
<td>SB 6:45 – 7:30p</td>
<td>6:45 – 7:30p</td>
<td>6:45 – 7:30p</td>
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<tr>
<td>Glutes &amp; Guts</td>
<td>Glutes &amp; Guts</td>
<td>Glutes &amp; Guts</td>
<td>Cycle + Strength</td>
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**KEY**

- **Strength & Cardio**
- **Strength**
- **Mind & Body**
- **Cardio**
- **SA=Studio A**
- **SB=Studio B**
- **LP=Pool**
- **W=WeightRoom**

Schedule subject to change

Download the Rec Sports App or visit my.recSports.unt.edu for more information and to register for classes

- **Summer Pass:** $15
- **Single Class:** $5
- **Small Group Training:** $35
Cycle 45
Climb, sprint, and work through intervals in this music driven, high energy class.

Cycle + Strength
You’ve tried a traditional cycling class. Now, why not mix it up? This class will combine intervals of cardio with strength conditioning, moving between the bike and equipment on the ground.

Glutes & Guts
Strengthen and tone the core area of the body including your abs, back, and butt!

Interval Training
Dumbbells, kettlebells, ski ergs, rowers, and air bikes are a few of the tools you’ll use in this interval-based class. It’s time to test our limits!

Pilates Mat
A low impact, mat-based class that focuses on strengthening and stabilizing muscles, while improving postural alignment and flexibility.

Total Body Sculpt
Work all muscle groups through a variety of strength exercises to shape and tone from head to toe.

Yoga-Fundamental
Discover foundational poses and breathwork in this beginner-friendly class, fostering strength, flexibility, and mindfulness for a balanced start to your yoga journey.

Yoga-Intermediate
Elevate your practice with dynamic sequences and progressive postures. Cultivate balance, endurance, and mindfulness in this energizing yoga class.

Yoga-Restorative
Unwind and rejuvenate through gentle poses and deep relaxation. Release tension, calm the mind, and restore balance in this soothing and nourishing class for all levels.

Zumba
High-energy Latin and international beats will move you through an all levels, no one’s watching, dance class!

Learn To Lift *Small Group Training*
Build a strong lifting foundation through proper technique and execution. We’ll focus on form first, then build strength and lean muscle for incredible results.

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