


REC SPORTS FITNESS - JULY 2024

GROUP FITNESS CLASSES

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

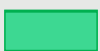
Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SB 12:15 – 1:00p <u>Pilates Mat</u></p>	<p>SA 12:15 – 1:00p <u>Total Body Sculpt</u></p>	<p>SB 12:15 – 1:00p <u>Interval Training</u></p>	<p>SA 12:15 – 1:00p <u>Total Body Sculpt</u></p>	<p>SB 12:15 – 1:00p <u>Cycle 45</u></p>	
<p>SB 5:30 – 6:30p <u>Yoga-Fundamental</u></p>	<p>W 5:15 – 6:15p <u>*Learn To Lift</u></p>	<p>SB 5:30 – 6:30p <u>Yoga-Intermediate</u></p>	<p>W 5:15 – 6:15p <u>*Learn To Lift</u></p>		
<p>SA 5:30 – 6:30p <u>Zumba</u></p>	<p>SB 5:30 – 6:30p <u>Yoga-Fundamental</u></p>	<p>SA 5:30 – 6:30p <u>Zumba</u></p>	<p>SA 5:30 – 6:30p <u>Yoga-Restorative</u></p>		
	<p>SB 6:45 – 7:30p <u>Glutes & Guts</u></p>		<p>SB 6:45 – 7:45p <u>Cycle + Strength</u></p>		
					<p>Summer Pass: \$15 Single Class: \$5 *Small Group Training: \$35</p>

KEY

 Strength & Cardio

 Strength

 Mind & Body

 Cardio

SA=Studio A

SB=Studio B

LP=Pool

W=WeightRoom



RECREATIONAL SPORTS

RECSPORTS.UNT.EDU | (940) 565-2275

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

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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.