

REC SPORTS FITNESS - JUNE 2024

GROUP FITNESS CLASSES

June Schedule: June 1 – June 30 (No class on June 19)


Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SA 12:00 – 1:00p <u>Yoga-Intermediate</u></p>	<p>SB 12:15 – 1:00p <u>Cycle 45</u></p>	<p>SA 12:15 – 1:00p <u>Total Body Sculpt</u></p>	<p>SA 12:15 – 1:00p <u>BOSU Blast</u></p>	<p>SB 12:15 – 1:00p <u>Cycle 45</u></p>	
<p>W 12:00 – 1:00p <u>*Tread & Tone</u></p>	<p>W 5:15 – 6:15p <u>*Learn To Lift</u></p>	<p>W 12:00 – 1:00p <u>*Tread & Tone</u></p>	<p>W 5:15 – 6:15p <u>*Learn To Lift</u></p>	<p>SA 5:30 – 6:30p <u>Yoga-Restorative*</u></p>	
<p>SA 5:30 – 6:15p <u>Glutes & Guts</u></p>	<p>LP 5:30 – 6:15p <u>AquaFit</u></p>	<p>SB 5:30 – 6:30p <u>Yoga-Intermediate</u></p>	<p>LP 5:30 – 6:15p <u>AquaFit</u></p>	<p>No class June 7, 14*</p>	
<p>SB 5:30 – 6:30p <u>Yoga-Fundamental*</u></p>	<p>SA 5:30 – 6:30p <u>Yoga-Fundamental</u></p>	<p>SA 6:30 – 7:30p <u>Zumba</u></p>	<p>SB 5:30 – 6:15p <u>Pilates Mat</u></p>		
<p>SA 6:30 – 7:30p <u>Zumba</u></p>	<p>SB 6:30 – 7:30p <u>Cycle + Strength</u></p>		<p>SB 6:30 – 7:30p <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

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

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

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AquaFit

Splash into a low-impact, circuit-style workout in various depths of water, designed to improve strength, stability, and cardiovascular fitness.

Aquarobics

Splash into this low-impact cardio and conditioning class that uses shallow waters to provide a high-energy workout that is easy on the joints.

BOSU Blast

A full body workout integrating balance, strength, cardio, and core!

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!

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.

Tread & Tone *Small Group Training*

Elevate your fitness routine by combining cardio intervals on the treadmill with targeted strength training on the weight room floor.

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