### May Schedule: May 4 – May 31 (No class on May 27)

**Monday**
- **SA** 12:00 – 1:00p  
  Yoga-Intermediate
- **SA** 5:30 – 6:15p  
  Pilates Mat
- **SA** 6:30 – 7:30p  
  Zumba

**Tuesday**
- **SB** 12:15 – 1:00p  
  Glutes & Guts
- **SA** 5:30 – 6:30p  
  Yoga-Fundamental
- **LP** 5:30 – 6:15p  
  AquaFit*
- **SB** 6:30 – 7:30p  
  Cycle + Strength*

**Wednesday**
- **SB** 12:15 – 1:00p  
  Cycle 45
- **SA** 5:30 – 6:30p  
  Yoga-Intermediate
- **LP** 5:30 – 6:15p  
  Aquarobics*
- **SB** 6:30 – 7:30p  
  Cycle + Strength*

**Thursday**
- **SA** 12:15 – 1:00p  
  BOSU Blast
- **SA** 5:30 – 6:30p  
  Yoga-Restorative
- **SA** 6:30 – 7:30p  
  Zumba
- **SB** 6:30 – 7:30p  
  Cycle + Strength

**Friday**
- **SA** 12:15 – 1:00p  
  Total Body Sculpt
- **SA** 5:30 – 6:30p  
  Yoga-Restorative
- **LP** 6:30 – 7:30p  
  AquaFit*
- **SB** 6:30 – 7:30p  
  Cycle + Strength

**Saturday**
- **Summer Pass:**  
  $15
- **Single Class:**  
  $5

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

*Schedule subject to change

CLICK on the class you would like to register for OR download the Rec Sports App!
### May Schedule: May 4th – May 31st (No class on May 27th)

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SA 12:15 – 1:00pm</td>
<td>Bells &amp; Bands</td>
<td>A full body workout integrating balance, strength, cardio, and core!</td>
</tr>
<tr>
<td>SA 5:30 – 6:15pm</td>
<td>Total Body Sculpt</td>
<td>Work all muscle groups through a variety of strength exercises to shape and tone from head to toe.</td>
</tr>
<tr>
<td>SB 5:30 – 6:30pm</td>
<td>Yoga-Fundamental</td>
<td>Discover foundational poses and breathwork in this beginner-friendly class, fostering strength, flexibility, and mindfulness for a balanced start to your yoga journey.</td>
</tr>
<tr>
<td>SA 6:45 – 7:45pm</td>
<td>Dance Choreo</td>
<td>A low impact, mat-based class that focuses on strengthening and stabilizing muscles, while improving postural alignment and flexibility.</td>
</tr>
<tr>
<td>SB 7:00 – 8:00pm</td>
<td>Yoga-Restorative</td>
<td>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.</td>
</tr>
<tr>
<td>SB 12:00 – 1:00pm</td>
<td>Yoga-Fundamental</td>
<td>A full body workout integrating balance, strength, cardio, and core!</td>
</tr>
<tr>
<td>SB 12:15 – 1:00pm</td>
<td>Cycle 45</td>
<td>Climb, sprint, and work through intervals in this music driven, high energy class.</td>
</tr>
<tr>
<td>SB 5:30 – 6:30pm</td>
<td>Yoga-Restorative</td>
<td>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.</td>
</tr>
<tr>
<td>SA 7:00 – 7:45pm</td>
<td>Glutes &amp; Guts</td>
<td>Strengthen and tone the core area of the body including your abs, back, and butt!</td>
</tr>
<tr>
<td>SB 7:00 – 8:00pm</td>
<td>Yoga-Restorative</td>
<td>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.</td>
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</table>

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