


REC SPORTS FITNESS - MAY 2024

GROUP FITNESS CLASSES

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

*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SA 12:00 – 1:00p Yoga-Intermediate</p>	<p>SB 12:15 – 1:00p Glutes & Guts</p>	<p>SB 12:15 – 1:00p Cycle 45</p>	<p>SA 12:15 – 1:00p BOSU Blast</p>	<p>SA 12:15 – 1:00p Total Body Sculpt</p>	
<p>SA 5:30 – 6:15p Pilates Mat</p>	<p>SA 5:30 – 6:30p Yoga-Fundamental</p>	<p>SB 5:30 – 6:30p Yoga-Intermediate</p>	<p>SA 5:30 – 6:30p Yoga-Restorative</p>		
<p>SA 6:30 – 7:30p Zumba</p>	<p>LP 5:30 – 6:15p AquaFit*</p> <p>SB 6:30 – 7:30p Cycle + Strength*</p> <p><i>*No class May 7, 14</i></p>	<p>SA 6:30 – 7:30p Zumba</p>	<p>LP 5:30 – 6:15p Aquaerobics*</p> <p>SB 6:30 – 7:30p Cycle + Strength</p> <p><i>*No class May 9, 16</i></p>		
					<p>Summer Pass: \$15 Single Class: \$5</p>

CLICK on the class you would like to register for OR download the Rec Sports App!

KEY

-  Strength & Cardio
-  Strength
-  Mind & Body
-  Cardio

SA=Studio A
SB=Studio B
LP=Pool



RECREATIONAL SPORTS

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

@UNTRECSPTS



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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!