

REC SPORTS FITNESS - SPRING 2024

GROUP FITNESS CLASSES

Spring 2024 runs January 16th – May 2nd

*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SB 6:30 – 7:15am Interval Training		SB 6:30 – 7:15am Interval Training		
LP 7:15 – 8:00am Aquarobics	SA 12:15 – 1:00pm Glutes & Guts		SB 12:00 – 1:00pm Yoga-Fundamental	SB 12:00 – 1:00pm Yoga-Intermediate	SB 11:30 – 12:30pm Yoga-Intermediate
SA 12:15 – 1:00pm Bells & Bands	SB 12:15 – 1:00pm Cycle 45	SB 12:15 – 1:00pm Interval Training	SA 12:15 – 1:00pm BOSU Blast	SA 12:15 – 1:00pm Total Body Sculpt	
SA 5:30 – 6:15pm Total Body Sculpt	LP 5:30 – 6:15pm Aqua Fit	SA 5:30 – 6:15pm BOSU Blast	LP 5:30 – 6:15pm Aqua Fit	SB 5:30 – 6:30pm Dance Choreo	SB 5:30 – 6:30pm Functional Flow
SB 5:30 – 6:30pm Yoga-Fundamental	SB 5:30 – 6:15pm Pilates Mat	SB 5:30 – 6:30pm Yoga-Intermediate	SB 5:30 – 6:15pm Interval Training	SB 6:00 – 7:00pm Yoga-Restorative	
SA 6:45 – 7:45pm Dance Choreo	SA 5:30 – 6:30pm Yoga-Restorative	SA 7:00 – 8:00pm Zumba	SA 5:30 – 6:30pm Yoga-Fundamental		
SB 7:00 – 8:00pm Yoga-Intermediate	SB 6:45 – 7:30pm Cycle 45	SB 7:00 – 8:00pm Yoga-Fundamental	SB 6:30 – 7:30pm Cycle + Strength		
	SA 7:00 – 7:45pm Glutes & Guts		SA 7:00 – 8:00pm Zumba		



Semester Pass:
NOW \$15
Single Class:
\$5

KEY

**Strength
& Cardio**

Strength

**Mind
& Body**

Cardio

SA=Studio A

SB=Studio B

LP=Pool



RECREATIONAL SPORTS

RECSports.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.

Bells & Bands

This full body workout will utilize kettlebells, dumbbells, and resistance bands to strengthen and tone!

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.

Dance Choreo

Come experience energetic and fun lessons designed for your inner-dancer! Build confidence as every skill will be broken down into basic steps, body movements, and choreography for a well-rounded class!

Functional Flow

A ground-based, bodyweight movement that combines elements of strength, gymnastics, and animal-inspired movements to create a dynamic, functional workout.

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!

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