GROUP EXERCISE
SPRING BREAK 2020
MARCH 10-14

NO GROUP EX CLASSES MARCH 7-9

<table>
<thead>
<tr>
<th>TUE</th>
<th>MAR. 10</th>
<th>WED</th>
<th>MAR. 11</th>
<th>THU</th>
<th>MAR. 12</th>
<th>FRI</th>
<th>MAR. 13</th>
<th>SAT</th>
<th>MAR. 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>PILATES</td>
<td>11:30AM-12:30PM</td>
<td>VINYASA FLOW YOGA</td>
<td>11:30AM-12:30PM</td>
<td>PILATES</td>
<td>11:30AM-12:30PM</td>
<td>YOGA FOUNDATIONS</td>
<td>11:30AM-12:15PM</td>
<td>ROOM A</td>
<td>ROOM B</td>
</tr>
<tr>
<td>SWEATSHOP</td>
<td>12:15PM-12:45PM</td>
<td>CYCLE EXPRESS</td>
<td>12:15PM-12:45PM</td>
<td>SWEATSHOP</td>
<td>12:15PM-12:45PM</td>
<td>HIIT</td>
<td>12:15PM-12:45PM</td>
<td>ROOM A</td>
<td>ROOM A</td>
</tr>
<tr>
<td>ROLL &amp; RECOVER</td>
<td>12:50PM-1:00PM</td>
<td>HARD CORE</td>
<td>12:50PM-1:00PM</td>
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<td>12:50PM-1:00PM</td>
<td>HARD CORE</td>
<td>12:50PM-1:00PM</td>
<td>ROOM A</td>
<td>ROOM A</td>
</tr>
<tr>
<td>BURN</td>
<td>5:30PM-6:15PM</td>
<td>SHRED</td>
<td>5:30PM-6:30PM</td>
<td>SHRED</td>
<td>5:30PM-6:30PM</td>
<td>HIIT BOXING</td>
<td>5:30PM-6:30PM</td>
<td>ROOM A</td>
<td>ROOM A</td>
</tr>
<tr>
<td>CYCLE</td>
<td>5:30PM-6:30PM</td>
<td>ZUMBA</td>
<td>5:30PM-6:30PM</td>
<td>ZUMBA</td>
<td>5:30PM-6:30PM</td>
<td>SLOW FLOW YOGA</td>
<td>5:30PM-6:30PM</td>
<td>ROOM B</td>
<td>ROOM B</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>6:45PM-7:45PM</td>
<td>CORE FLOW YOGA</td>
<td>6:45PM-7:45PM</td>
<td>CORE FLOW YOGA</td>
<td>6:45PM-7:45PM</td>
<td>STRENGTH CIRCUIT</td>
<td>6:45PM-7:45PM</td>
<td>ROOM A</td>
<td>ROOM A</td>
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<tr>
<td>CORE FLOW YOGA</td>
<td>6:45PM-7:45PM</td>
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ALL CLASSES ARE FREE MARCH 10-14

SCHEDULE ICONS

GROUP EX PASSES

| SEMESTER UNLIMITED | $25 |
| SINGLE CLASS | $5 |
| PASSSES ARE VALID JANUARY 19 THROUGH MAY 8 |
# Group Exercise
## Spring Break 2020

## Mind & Body

**Pilates**
- Mat-work based class focusing on core integration, body control, and proper alignment.

**Roll & Recover**
- Foam rolling and stretching techniques that release muscle tension, lengthen fascia, and improve flexibility.

**Yoga**
- Classes combine poses and stretches to create a mind and body connection. Mats are provided but feel free to bring your own.

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### Core Flow Yoga
- Intermediate guided flows at a moderate pace with moves focused on the core muscles.

### Slow Flow Yoga
- Beginner guided flows at a slower pace.

### Vinyasa Flow Yoga
- Intermediate guided flows at an accelerated pace.

### Yoga Foundations
- Perfect for anyone new to yoga or looking to come back to the basics by focusing on alignment, building strength, and increasing flexibility and confidence.

## Strength & Cardio

**Burn**
- A total body workout focused on sculpting major muscle groups through cardiovascular, strength training, and flexibility exercises. This class will burn calories, increase flexibility, and tone muscles.

**Hiit**
- High intensity interval training focused on short, intense activity bursts followed by brief recovery periods.

**Hitt Boxing**
- A mixed martial arts-inspired, total body workout using core conditioning combinations, bodyweight moves, and cardio spikes.

**Sweatshop**
- A non-stop, powerhouse workout alternating between strength training exercises and high intensity cardio intervals.

## Cardio

**Cycle/Cycle Express**
- A high intensity, low impact stationary cycle class with cardio challenges by varying speed and resistance.

**Dance Choreo**
- This dance class will focus on breaking down and learning the choreography to a new song each week.

**Dance Fitness**
- A pre-choreographed dance class full of diverse music and genres. No dance experience required!

**Zumba**
- This class features rhythms set to high-energy Latin and international beats to really get your energy levels soaring!

## Strength

**Hard Core**
- This class incorporates exercises targeting your glutes, abdominals, obliques, and back to help build a stronger core.

**Shred**
- A high-rep strength endurance class with movements done to the music.

**Strength Circuit**
- An all strength, no cardio workout that uses timed intervals to strengthen all muscles with dumbbells, gliders, stability balls, and other equipment.

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