

# REC SPORTS FITNESS – FALL 2024

## GROUP FITNESS CLASSES

Download the Rec Sports App or scan the QR code for class descriptions and to register for classes

 UNT RECREATIONAL SPORTS	MON	TUE	WED	THUR	FRI	SAT	SUN
6:30AM - 7:15AM		<b>Cycle 45</b> 6:30-7:15a SB   Adriana		<b>Cycle 45</b> 6:30-7:15a SB   Adriana			
11:00AM - 12:00PM						<b>Zumba 60</b> 11:00a-12:00p SB   Jackie	
12:15PM - 1:00PM	<b>Bells &amp; Bands</b> 12:15-1:00p SA   Natalie	<b>Zumba 45</b> 12:15-1:00p SB   Lindsey	<b>Int. Training</b> 12:15-1:00p SB   Wendy	<b>Kickboxing</b> 12:15-1:00p SA   Natalie	<b>TB Sculpt</b> 12:15-1:00p SA   Alexis		
4:00PM - 6:30PM	<b>Pilates Power</b> 4:30-5:15p SA   Dana		<b>Pilates Fund.</b> 4:30-5:15p SA   Alexis				<b>Hip Hop Step</b> 4:30-5:30p SA   Jackie
	<b>Glutes &amp; Guts</b> 5:30-6:15p SB   Aiden	<b>Cycle + Str.</b> 5:30-6:30p SB   Ashton	<b>Int. Training</b> 5:30-6:15p SB   Aiden	<b>Cycle 45</b> 5:30-6:15p SB   Ashton	<b>Zumba 60</b> 5:00-6:00p SA   Jordyn		
	<b>Zumba 60</b> 5:30-6:30 SA   Lindsey	<b>Yoga Restor.</b> 5:30-6:30p SA   Alison	<b>Hip Hop Step</b> 5:30-6:15p SA   Dana	<b>Yoga Fund.</b> 5:30-6:30p SA   Alison	<b>Full Body Fri.</b> 5:30-6:15p SB   Aiden		
7:00PM - 8:00PM	<b>Yoga Interm.</b> 7:00-8:00p SA   Violeta	<b>Zumba 60</b> 7:00-8:00p SA   Lucy	<b>Yoga Interm.</b> 7:00-8:00p SA   Violeta	<b>Zumba 60</b> 7:00-8:00p SA   Lucy			
	<b>Int. Training</b> 7:15-8:00p SB   Dheeraj	<b>Glutes &amp; Guts</b> 7:15-8:00p SB   Jackie		<b>Glutes &amp; Guts</b> 7:15-8:00p SB   Dheeraj			

### KEY

Cardio

Strength

Strength + Cardio

Mind/Body



\$25: Semester Unlimited Pass  
\$5: Single Class

Try Before You Buy:  
August 19- 31



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# REC SPORTS FITNESS – FALL 2024

# SMALL GROUP TRAINING

Download the Rec Sports App or scan the QR code for class descriptions and to register for training.

	MON	TUE	WED	THUR	FRI
12:00PM - 1:00PM	<b>Tread &amp; Tone</b> 12:00-1:00p WR	<b>Self Defense*</b> 12:00-1:00p SA	<b>Tread &amp; Tone</b> 12:00-1:00p WR		
4:00PM - 5:00PM			<b>Learn To Lift</b> 4:00-5:00p WR		<b>Learn To Lift</b> 4:00-5:00p WR

### KEY

-  Cardio
-  Strength
-  Strength + Cardio
-  Mind/Body



\$45: For each 4 Session  
\*Self defense is sponsored by UNT UPD and is FREE to all members.

Try Before You Buy:  
August 26- 31



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