

GROUP EXERCISE

FALL 2009  AUGUST 26-DECEMBER 5, 2009

MONDAY

- 6:30-7:30am Boot Camp
- ★12:15-12:45pm Core Body Express
- 12:15-1:15pm Yoga I
- ★12:50-1:00pm Abs & Back
- 4:00-4:45pm Cycle
- 5:15-6:05pm Body Sculpt
- 5:00-5:50pm Yoga II
- ★6:15-6:35pm Intro to BOSU Blast
- 6:30-7:20pm Conditioning
- ★6:40-6:50pm Abs & Back
- 7:15-8:05pm Step
- 7:30-8:20pm Belly Dance
- 8:30-9:30pm Hip Hop I

TUESDAY

- ★11:15-11:45am Step Express
- ★11:50am-12:00pm Abs & Back
- 12:15-1:15pm Yoga II
- 4:15-5:00pm On The Ball
- 5:15-6:15pm Turbo Kickboxing
- ★6:30-6:50pm Intro to Boot Camp
- 6:30-7:20pm Step
- ★6:55-7:10pm Abs & Back
- 7:15-8:15pm Yoga I
- 7:30-8:30pm Cardio Body Sculpt
- 8:30-9:20pm Zumba

WEDNESDAY

- 6:30-7:30am Boot Camp
- ★12:15-12:45pm Core Body Express
- 12:15-1:15pm Yoga II
- ★12:50-1:00pm Abs & Back
- 4:15-5:05pm Yoga I
- ★5:30-5:50pm Intro to Cycle
- ★5:55-6:05pm Abs & Back
- 6:15-7:15pm Pilates
- 6:20-7:20pm BOSU Blast
- 7:30-8:20pm Conditioning
- 7:30-8:30pm Body Sculpt
- 8:30-9:30pm Hip Hop II

THURSDAY

- 11:00am-12:00pm Yoga I
- ★11:15-11:45am Step Express
- ★11:50am-12:00pm Abs & Back
- 4:15-5:00pm Cycle
- 5:15-6:15pm Cardio Body Sculpt
- ★6:30-6:50pm Intro to Yoga
- ★6:55-7:10pm Abs & Back
- 6:30-7:20pm Boot Camp
- 7:30-8:20pm Belly Dance
- 8:30-9:20pm Zumba
- 9:30-10:20pm Hip Hop III

FRIDAY

- ★12:15-12:45pm Core Body Express
- 12:30-1:30pm Step
- ★12:50-1:00pm Abs & Back
- 3:15-4:15pm Pilates
- 4:30-5:15pm Cycle
- 4:45-5:30pm Conditioning

SATURDAY

- 10:30-11:15am Cycle
- 11:30am-12:30pm Yoga II
- 12:30-1:15pm Turbo Kickboxing

SUNDAY

- 5:00-6:00pm Cycle
- 5:15-6:45pm Yoga III
- 7:15-8:05pm BOSU Blast

★ INDICATES FREE CLASS

GROUP EXERCISE PASSES

FALL UNLIMITED	\$55
20 CLASSES	\$35
10 CLASSES	\$25
SINGLE CLASS	\$3

Get a jump-start this fall: All group exercise classes will be FREE Aug. 30-Sept. 5.

STUCK IN A WORKOUT RUT?

Just need to switch up your normal fitness routine? Drop by for a class at any time during the semester! Stop by the Member Services desk in the Pohl Recreation Center today to purchase a one-time Group Exercise pass for only \$3.00!



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FOR MORE INFORMATION, STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347 OR VISIT WWW.UNT.EDU/RECSPORTS.

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.



GROUP EXERCISE

STAY ACTIVE WITH GROUP EXERCISE!

The Pohl Recreation Center offers a variety of group exercise formats to provide you with the opportunity to get great workouts led by experienced instructors. Classes are motivating, fun, and challenging for all fitness levels. Group Exercise can help tone your major muscles, improve cardiovascular endurance, increase flexibility and more!

Participants must sign in and pick up a participation card at the Member Services desk. Free classes are offered at designated times. Abs & Back classes are free and do not require a participation card. All other classes require the purchase of a group exercise pass. Classroom doors will be locked at the start of class. Entrance will not be permitted after class has started. Classes are subject to change or cancellation due to low participation. Group Exercise participants must be Pohl Recreation Center members, have a valid UNT ID or pay the guest fee. Dependents must be at least 16 years old to participate.

Belly Dance

Easy movements, drawn from Middle Eastern Dance, inspire (and work) your heart and body. Variations are shown to include all levels. Finish with a cool-down and stretch to leave refreshed and glowing.

Body Sculpt

A fun and challenging workout to improve functional strength, agility and overall performance. Learn specific muscle strengthening exercises with resistance training principles.

Boot Camp

If you are ready to be pushed to your limit, take this intense cardiovascular and muscle strengthening class! From sport drills to plyometrics -- anything goes!

BOSU Blast

This plyometric cardio and sculpting class uses the BOSU ball to help improve your body's strength and balance.

Cardio Body Sculpt

A fun and challenging workout designed to improve functional strength and cardiovascular fitness. Learn specific strengthening exercises with resistance training principles while keeping your heart rate up!

Conditioning

A challenging class that includes aerobic training along with strength conditioning moves to get you in tip top shape!

Core Body Express

Designed to improve functional strength, body composition, coordination and balance, this 30-minute full-body, integrated resistance training class may also improve your cardiovascular fitness.

Hip Hop

For the dancer in all of us! Come enjoy an exhilarating, challenging workout that incorporates fun, easy to follow dance moves with some of your favorite music.

Indoor Cycle

As a great alternative to high impact cardio workouts, this high-intensity, low-impact stationary cycle class combines visualization techniques with music to enhance the ride. Cycle computers and heart rate monitors added to improve the workout!

On The Ball

Increase strength, balance and flexibility using a fitness body ball. If you have lower back problems, this class is for you. It focuses on exercises designed to keep your back fit. You've got to try it to believe it!

Pilates

Discover movements designed to elongate and strengthen muscles while eliminating tension and strain from the body. Balance, joint stability, proper breathing and improved posture are achieved through movements with purpose.

Step

This challenging, high-intensity class involves stepping onto a bench while simultaneously performing a series of upper body movements. Abdominal work and proper stretching techniques are also included.

Step Express

This express class offers a quick and effective 30-minute cardiovascular workout with easy-to-follow drills that are fun.

Turbo Kickboxing (TKB)

If you are up for a challenge, try a TKB class! This new and exciting kick boxing class is pre-choreographed to specific music and is one of the highest intensity classes offered. Turbo Kickboxing is the most popular class so arrive early to make sure there is space available.

Yoga

Students of all levels are led through a strong class with challenging postures and pacing. Explore your limits physically and mentally in this class. Come with an open mind, leave with an open heart.

Yoga I: Beginner

Yoga II: Intermediate

Zumba

A fun, effective aerobic workout that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

NEW TO A CLASS?

Check out one of our "Intro to" classes this semester. This serves as a great starting point to some of our most popular classes such as Cycle, Turbo Kickboxing and Yoga!