

FREE UREC Group Fitness Menu • October 11 - November 21

	MON	TUE	WED	THU	FRI	SUN
Morning Classes	SUNRISE CYCLE 6:30am - 7:15am Raider Ride Room Grace	SUNRISE CYCLE 6:30am - 7:15am Raider Ride Room Carol	SUNRISE CYCLE 6:30am - 7:15am Raider Ride Room Adelyne			
Noon Classes	HIIT* 12:30pm - 1:15pm PT Room Paton	MIDDAY YOGA 12:10pm - 1:00pm RM 121 Rumi	SLOW FLOW YOGA 12:10pm - 1:00pm RM 121 Buse	KICK+HIIT 12:10pm - 1:00pm RM 114 Isabell T.	TURBOKICK 12:10pm - 1:00pm RM 114 Summer	
4:00pm Classes	BOOTY CAMP 4:00pm - 4:45pm RM 114 Amanda	CYCLE 4:15pm - 5:00pm Raider Ride Room Fernanda	HIP HOP CARDIO 4:30pm - 5:15PM RM 114 Isabelle S.			STRETCH+BALANCE YOGA 4:00-5:00pm • RM 121 Faranak
5:00-5:20pm	CORE RM 114 Paxtyn	CORE RM 114 Becca				
5:30-6:15pm	CYCLE Raider Ride Room Sydney	BOOTY AND A BEAT RM 114 Becca	CYCLE Raider Ride Room Alejandra	HIIT* PT Room Taylor S.		
	RAIDER PUMP RM 114 Paxtyn	EMPOWER RIDE Raider Ride Room Grace		CYCLE Raider Ride Room Paxtyn		
5:30-6:30pm	INTEGRATIVE YOGA RM 121 Faz	POWER VINYASA YOGA RM 121 Rafael	ZUMBA RM 114 Sydney	SWEAT + SCULPT RM 114 Amanda	CARDIO DANCE RM 114 David	
			PILATES + SCULPT RM 121 Kaitlyn	YIN/YANG YOGA RM 121 Jason		
6:00 - 7:00pm			WATER FITNESS Indoor Aquatic Center Patricia			
6:30-7:30pm	ZUMBA RM 114 David					
6:40-7:00pm			CORE RM 114 Sydney		CORE RM 114 David	
7:15-8:00pm				SUNSET CYCLE Raider Ride Room Becca		

KEY

WATER

STRENGTH

CARDIO

MIND/BODY

CYCLE

HIIT



TEXAS TECH UNIVERSITY

University Recreation

Follow @URECTTU on all social media!



Scan for a link to the schedule



Special Events

Retreat yourself: (online) November 5 - 7
Zen day on dead day classes: December 2

*HIIT-Circuit Training (High Intensity Interval Training)
Limited space. *Max capacity of 18 people per class.*
Class is located in the Personal Training Room. First come, first serve.

Massage reservations made on the *First Monday of the month*, receive \$5 off a 1-hour massage.
(Students + Rec Members only)

Water Fitness will move inside to the *Aquatic Center* on *October 18th*.