
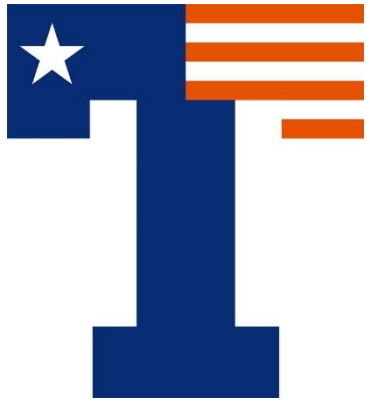








REC SPORTS FITNESS SCHEDULE

Group fitness classes are included in your Student & Community Memberships at no extra cost!

2019 Spring FITNESS

MON	TUE	WED	THU	FRI	SUN
Patriot Fit-Yoga 12pm-12:50pm PHE gym	Patriot Fit 12pm-12:50pm PHE gym	Patriot Fit-Yoga 12pm-12:50pm PHE gym	Patriot Fit 12pm-12:50pm PHE gym	Beginners Yoga 12pm-12:50pm PHE gym	Tae-Kwon-Do 2pm-3pm HPC 2110
Meditation 12pm-12:50pm HPC 2110	Flexy & Fit Yoga 12pm-12:50pm HPC 2110	Cycle & Core 12pm-12:50pm HPC 2110	Flexy & Fit Yoga 12pm-12:50pm HPC 2110	 ZUMBA FITNESS 12pm-1pm HPC 2110	 <p>Personal Training Contact Katie Richards at krichards@uttyler.edu or (903) 566-6188 NOW offering Buddy Sessions!</p> <hr/> <p>Outdoor Adventures Rock Climbing Sky Diving • Hiking Trips For more information, visit: www.uttyler.edu/recsports/outdooradventures</p> <hr/> <p>Intramural Sports Basketball • Volleyball Ultimate Frisbee For more information, visit: www.imleagues.com</p>
Tae-Kwon-Do 4pm-5pm HPC 2110	Beginners Tae-Kwon-Do 4pm-5pm HPC 2110	Tae-Kwon-Do 4pm-5pm HPC 2110	Beginners Tae-Kwon-Do 4pm-5pm HPC 2110	Group Mtn. Bike Ride 1:30pm-2:30pm Meet @ HPC 2110	
Cycle & Core 5:15pm-6pm HPC 2110	 STRONG BY ZUMBA 5:15pm-6:15 pm HPC 2110	Bootcamp 5:15m-6pm HPC 2110	Cycle & Core 5:15m-6pm HPC 2110	Tae-Kwon-Do 4pm-5pm HPC 2110	
Beginners Tae-Kwon-Do 6:10pm-7:10pm HPC 2110	Cycle & Core 6:15 pm-7:15pm HPC 2110	Beginners Tae-Kwon-Do 6:10pm-7:10pm HPC 2110	 STRONG BY ZUMBA 6pm-7pm HPC 2110		
Circuit Training 7:15pm-8:15pm Dungeon	Yoga Flow 7:15pm-8:15pm HPC 2110	Circuit Training 7:15pm-8:15pm Dungeon	Yoga Flow 7:15pm-8:15pm HPC 2110		
 ZUMBA FITNESS 7:15pm-8:15pm HPC 2110	 Ladies THAT LIFT 7:15pm-8:15pm Dungeon	 ZUMBA FITNESS 7:15pm-8:15pm HPC 2110	 Ladies THAT LIFT 7:15pm-8:15pm Dungeon		
Power Dance & Fitness 8:15pm-9:15pm HPC 2110	Crunch Time 8:15pm-9pm Dungeon	Tranquil Yoga 8:15pm-9:15pm HPC 2110	Crunch Time 8:15pm-9pm Dungeon		
	Social Swing Dance 8:15pm-9:15 pm HPC 2110		Social Swing Dance 8:15pm-9:15pm HPC 2110		