

GROUPIX

- Classes will begin on 9/2/2014
- Classes will end on 12/7/2014
- No classes during Thanksgiving Break (Mon., Nov. 24th- Sat., Nov. 29th)

PLATINUM PASS: \$50 for all classes
INDIVIDUAL PASS: \$3 per class

| | M | T | W | TH | F | S |
|--|-------------------------------|--------------------------|-------------------------|-----------------------------------|---------------|---------------|
| BODY PUMP | | | 9pm - 10pm | | | 11am - 12pm |
| BODY SCULPTING | | | 12:05 - 12:55pm | | | |
| BODY SHRED | 12:15 - 12:45pm | | | | 1:15-1:45pm | |
| BUTTS AND GUTTS | | 8pm - 9pm | | 8pm - 9pm | | |
| CARDIO KICKBOXING | | 5:30 - 6:30pm | | 4pm - 5pm | | |
| H2O FITNESS | | | 12:05 - 12:55pm | | | |
| HIIT | 7pm-8pm | 12:05-12:55pm | | 12:05-12:55pm | | |
| HIP HOP | 7pm-8pm | | 7pm - 8pm | 8pm - 9pm | | |
| KETTLEBELL | | 12:05-12:55pm | | 12:05-12:55pm | | |
| MORNING BLAST | | 6:15-7:15am | | 6:15-7:15am | | |
| PILATES | 12:05-12:55pm | | | | | |
| POWER YOGA | 11:05-11:55am 7:30- 8:30pm | 7pm-8pm | 7pm-8pm 9:30-10:30pm | 7pm-8pm | 11:05-11:55am | |
| SPIN | | 12:05-12:55pm 7pm-8pm | | 5:30-6:30pm | 12:05-12:55pm | 1pm-2pm |
| TANGO | | | | Beg.: 8-9:30pm Int.: 9:30-11pm | | |
| TAE KWON DO <small>(SELF DEFENSE)</small> | | | | 9pm-10pm | | |
| WORX | 5:50-6:50pm | | | | | |
| X-CORE | | | 6:30-7pm | | | 12:15-12:45pm |
| ZUMBA | | | 9pm-10pm | | 12pm-1:00pm | |

PASS INFORMATION

- Passes are good for the semester.
- Refunds available only during the first week of classes. (9/9/2014)
- Participants must show proof of pass and ID before entering class.
- Sponsored guests will be required to pay the \$2.00 Activity Center fee as well as a \$3.00 group exercise fee for a single class.
- Community Users will be required to pay the \$5.00 Activity Center fee as well as the \$3.00 group exercise fee for a single class.

SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE



For more information
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