



# UTD FITNESS

**FOR MORE INFORMATION:**  
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THE UNIVERSITY OF TEXAS AT DALLAS IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION UNIVERSITY.

## Group X Fall Schedule 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BELLY DANCING	7-8pm (MPO)					
BODY SCULPTING		12-1pm (Aux)		12-1pm (Aux)		
BREAK DANCING		10-11pm (MPG)				
BUTTS & GUTTS		1-2pm (MPG)		1-2pm (MPG)		
CAPOEIRA	9-10pm (MPO)		9-10pm (MPO)			
CARDIO KICKBOXING		7-8pm (MPO)				
DANCE FITNESS					7-8:30pm (MPO)	4-5pm (MPO)
HIP HOP	7-8pm (MPG)	9-10pm (MPG)	7-8pm (MPG)			
HIP HOP LINE DANCING			8-9pm (MPO)			
HOPOLOGY 101			10-11pm (MPO)			
KETTLEBELL CARDIO	12-1pm (FA)		12-1pm (FA)			
KRUMPING				10-11pm (MPG)		
PILATES	12-1pm (MPG)	8-9pm (MPG)	12-1pm (MPG)			3-4pm (MPO)
SPIN	12-1pm (MPO)		12-1pm 7-8pm (MPO)	5:30-6:30pm (MPO)		
SWING DANCING				7-8pm (MPO) 8-9pm (Aux)		
TANGO				8-10pm (MPG)		
WATER AEROBICS	5:30-6:30pm (Pool)		5:30-6:30pm (Pool)			
POWER YOGA	11am-12pm (MPO)		11am-12pm (MPO)	7-8pm (Aux)		
YOGA			2-3pm (MPG)	1-2pm (MPO)	12-1pm (MPO)	
ZUMBA	8-9pm (MPO)		8-9pm (Aux)		12-1pm (MPG)	

Aux - Auxiliary Gym    FA - Fitness Area    MPG - Multipurpose Room Green    MPO - Multipurpose Room Orange

### GROUP X PASS INFORMATION

**Group X Pass:**  
 \$50 Access to all classes,  
 excluding non-credit courses  
**\*Individual Pass:**  
 \$3 Access to any individual class,  
 excluding non-credit courses

1. Passes are good for the semester. All passes are non-refundable after September 13, 2011.
2. Participants must show proof of pass and ID before entering class.
3. Sponsored guest will be required to pay the S2 Activity Center fee as well as a S3 group exercise fee for a single class.
4. Community users will be required to pay the S5 Activity Center fee plus the S3 group exercise fee for a single class.
5. Classes begin September 6, 2011. Classes end December 3, 2011.