# Healthymeter

**PASS INFORMATION**

- $50 Semester Passes for members only.
- Refunds available until 1/25/17.
- Prorated passes begin 3/13/17.
- Community Users and Sponsored Guests are subject to additional fees.
- Participants will not be admitted 10 minutes after the scheduled start of class.
*Classes in Res Halls are available only to residents and semester pass holders.

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**SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE**

For more information and accommodations contact

Frankie Branham at frances.branham@utdallas.edu

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### Spring 2017

**January 17th - April 28th**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>11:30a - 12:00p MPO Belly to Barre</td>
<td>11:45a - 12:25p MPG Tai Chi</td>
<td>11:15a - 11:55a MPG Bootcamp</td>
<td>11:30a - 12:10p MPO Piyo</td>
<td>11:15a - 11:55a MPO Total Body Toning</td>
<td>10:00a - 10:55a MPO Core on the Ball</td>
<td>4:00p - 4:55p MPO Zumba</td>
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<tr>
<td>11:45a - 12:25p MPG Hit Fit</td>
<td>12:00p - 12:40p MPO Spin</td>
<td>11:30a - 12:10p MPO Piyo</td>
<td>11:45a - 12:25p MPG Tai Chi</td>
<td>12:00p - 12:40p MPG Zumba</td>
<td>11:15a - 12:45p MPO Yoga</td>
<td>11:15a - 12:45p MPO Yoga 90</td>
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<tr>
<td>12:00p - 12:30p MPO Tabata Express</td>
<td>12:45p - 12:55p MPG Cize</td>
<td>12:00p - 12:30p MPG Hit Fit Express</td>
<td>12:00p - 12:30p MPG Belly to Barre</td>
<td>12:45p - 1:25p MPO Yoga</td>
<td>5:30p - 6:25p Pool Aqua/Land Bootcamp</td>
<td>6:00p - 7:55p MPO Power Yoga 90</td>
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<tr>
<td>12:30p - 1:00p MPO Core Crush</td>
<td>5:00p - 5:55p RHNW* Piyo</td>
<td>12:15p - 12:45p MPO Insanity</td>
<td>12:30p - 1:10p MPO Spin</td>
<td>5:00p - 5:55p RHNW* Zumba</td>
<td>5:30p - 6:25p MPO Ballet Beginnings</td>
<td>7:15p - 8:10p RCW Cardio Kick</td>
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<tr>
<td>1:15p - 1:55p MPG Flow Yoga</td>
<td>5:30p - 6:25p MPO Flow Yoga</td>
<td>1:15p - 1:55p MPO Power Yoga</td>
<td>5:30p - 6:25p MPO Ujama</td>
<td>5:30p - 6:25p MPO Bosu Yoga</td>
<td>7:00p - 7:55p MPO Butts &amp; Guts</td>
<td>8:00p - 9:30p MPO Beginning Tango</td>
</tr>
<tr>
<td>5:30p - 6:25p MPO Cize</td>
<td>6:45p - 7:40p MPO Stretch &amp; Flex</td>
<td>6:00p - 6:55p RCW Butts &amp; Guts</td>
<td>7:00p - 7:55p RCW Spin</td>
<td>7:15p - 8:10p RCW Body Pump</td>
<td>7:15p - 8:10p RCW Body Pump</td>
<td>4:00p - 4:55p MPO Zumba</td>
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<tr>
<td>7:00p - 7:55p MPO Spin</td>
<td>7:15p - 8:10p RCW Body Pump</td>
<td>7:00p - 7:55p RCW Spin</td>
<td>7:00p - 7:55p MPO Beginning Tango</td>
<td>7:15p - 8:10p RCW Cardio Kick</td>
<td>8:00p - 9:30p MPO Beginning Tango</td>
<td>4:00p - 4:55p MPO Zumba</td>
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</tbody>
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### LEGEND

- **MPO**: Multipurpose Room Orange
- **MPG**: Multipurpose Room Green
- **RCW**: Rec Center West
- **RHN**: Res Hall North
- **RHSW**: Res Hall South West
- **RHNW**: Res Hall North West