



FITNESS ^{UTD}

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

GROUP X FALL SCHEDULE 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFRICAN DANCE			1-2pm (MPR)			3-4pm (MPR)	
BODY SCULPTING		12-1pm (MPR)		12-1pm (MPR)			
BOLLYWOOD	4-5pm (MPR)						
CAPOEIRA	6:30-8pm (Aux)		6:30-8pm (Aux)				
CARDIO KICKBOXING	8-9pm (Aux)		8-9pm (Aux)				
HIP HOP	7-8pm (MPR)		7-8pm (MPR)				
KETTLEBELL CARDIO	12-1pm (FA)		12-1pm (FA)				
LINE DANCING		9-10pm (MPR)		9-10pm (MPR)			
PILATES	12-1pm (Aux)	7-8pm (Aux)	12-1pm (Aux)			4-5pm (Aux)	
SPIN		5:30-6:30pm (FA)		5:30-6:30pm (FA)	12-1pm (FA)		
SWEATIN' & STEPPIN'				10-11pm (MPR)			
SWING DANCE		5:30-6:30pm (MPR)		5:30-6:30pm (MPR)			
WATER AEROBICS		5:30-6:30pm (Pool)		5:30-6:30pm (Pool)			
POWER YOGA	11am-12pm (MPR)		11am-12pm (MPR)	7-8pm (Aux)			
YOGA		9-10am (MPR)		3-4pm (MPR)	12-1pm (MPR)		
AQUA ZUMBA					12-1pm (Pool)		
ZUMBA	12-1pm (MPR)	8-9pm (MPR)	12-1pm (MPR)	8-9pm (MPR)			

AUX - AUXILIARY GYM MPR - MULTIPURPOSE ROOM FA - FITNESS AREA

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. Refunds will be given if requested during the first week of class Aug. 23-29, 2010 only. **All passes are non-refundable past cut off date.**
2. Participants must show proof of pass and ID before entering class.
3. Sponsored guest will be required to pay the \$2 Activity Center fee as well as a \$3 group exercise fee for a single class.
4. Community users will be required to pay the \$5 Activity Center fee plus the \$3 group exercise fee for a single class.
5. Classes begin August 23, 2010. Classes end December 10, 2010.

NON-CREDIT COURSES SUMMER SCHEDULE 2010

BOOT CAMP	
DATES	Mon. - Thurs.
TIME & LOCATION	7-8:30am (FA)
SESSION I	Aug. 23rd - Sept. 30th
SESSION II	October 11th - Nov. 18th
COST	\$50 per session