



THE UNIVERSITY *of* NORTH TEXAS
HEALTH SCIENCE CENTER *at* FORT WORTH

Group Exercise Schedule

Monday.

Spin w/
Haley
Turner
5:10 - 6P
*Max: 12

Tuesday.

HIIT w/
Madison
Lewis
5:10 - 6P
*Max: 20

Wednesday.

Yoga w/
Ashley
Steele
5:10 - 6P
*Max: 20

Thursday.

Spin w/
Haley
Turner
5:10 - 6P
*Max: 12

Friday.

HIIT w/
Oscar
Gomez
5:10 - 6P
*Max: 20

Each class has a maximum number of participants

**For questions, please contact
fitnesscenter@unthsc.edu**