All Group X classes require a reservation and membership pass to reserve your spot through the SHSU Rec Sports app or website. **Space is limited.**

**MAY 26 - JULY 30**

*Summer 1 or 2 only - $20*
*All Summer Membership - $30*

**PURCHASE YOUR MEMBERSHIP TODAY!**

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**Group X Schedule**

**CYCLE**
- 5:15 - 6:00 pm **Mondays** MP1
- 6:15 - 7:00 pm **Wednesdays** MP1

**LOWER BODY BLAST**
- 5:15 - 6:00 pm **Wednesdays** MP2

**PILATES YOGA FUSION**
- 6:15 - 7:00 pm **Tuesdays** MP2

**TOTAL BODY TONING**
- 5:15 - 5:45 pm **Tuesdays** MP2
- 6:15 - 6:45 pm **Thursdays** MP2

**YOGA**
- 6:15 - 7:00 pm **Mondays** MP2
- 5:15 - 6:00 pm **Thursdays** MP2

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**SUMMER 2021**

REC RECREATIONAL SPORTS
SAM HOUSTON STATE UNIVERSITY

RecSports.shsu.edu • Jump in. Play Hard.