

# GROUPX SCHEDULE

TXST CAMPUS RECREATION

FALL 2025

FREE FOR ALL STUDENTS AND MEMBERS!

## ICON KEY

DANCE



CYCLE



STRENGTH



MIND / BODY



HIIT / INTERVAL



Hike & Yoga Flow  
FREE  
Sept 6, Oct 4, & Nov 1  
8am-10:30am

REGISTER HERE



SPRING LAKE  
TRAILS

DOWNLOAD OUR APP TO  
RECEIVE NOTIFICATIONS  
ABOUT ANY SCHEDULE  
UPDATES AND CHANGES!



TEXAS STATE  
CAMPUS RECREATION

@TXSTREC  
f o y

### MONDAY

Power-Up Pilates  
7:15-7:45am



MPR-C

Total Body Toning  
5:30-6:00pm



MPR-D

Power Ride  
5:30-6:00pm



MPR-A

Pilates EXPRESS  
6:15-6:45pm



MPR-C

Bobcat Circuit  
6:15-6:45pm



FUNCTIONAL  
ROOM

RIDE 45  
7:00-7:45pm



MPR-A

Zumba EXPRESS  
7:00-7:30pm



MPR-C

Yoga Flow  
7:45-8:45pm



MPR-C

### TUESDAY

Sunrise Yoga  
7:00-7:45am



MPR-C

Noon Circuit  
12:00-12:30pm



FUNCTIONAL  
ROOM

Core Power  
5:30-6:00pm



MPR-C

Rhythm Ride  
5:30-6:00pm



MPR-A

Roll & Recover  
6:15-6:45pm



MAT  
ROOM

Core Ride  
7:00-7:45pm



MPR-A

Dance Cardio Party  
7:00-7:45pm



MPR-C

### WEDNESDAY

Power-Up Pilates  
7:15-7:45am



MPR-C

Active Stretch  
4:15-4:45pm



MPR-C

Total Body Toning  
5:30-6:00pm



MPR-D

Power Ride  
5:30-6:00pm



MPR-A

Pilates EXPRESS  
6:15-6:45pm



MPR-C

Bobcat Circuit  
6:15-6:45pm



FUNCTIONAL  
ROOM

RIDE 45  
7:00-7:45pm



MPR-A

Zumba  
7:00-7:45pm



MPR-C

### THURSDAY

Sunrise Yoga  
7:00-7:45am



MPR-C

Noon Ride  
12:00-12:30pm



MPR-A

Core Power  
5:30-6:00pm



MPR-C

Roll & Recover  
6:15-6:45pm



MAT  
ROOM

Core Ride  
7:00-7:45pm



MPR-A

Dance CHOREO  
7:00-7:45pm



MPR-C

### FRIDAY

Fri-YAY! Ride  
10:00-10:45am



MPR-A

\*SCHEDULE IS SUBJECT TO CHANGE