## K-FIT FALL 2017

December 11 - December 20

Unlimited access to all KREC fitness and yoga classes. Only $45 per quarter.

### Monday
- **SPIN**
  - L2/3
  - 5:10-5:55PM
  - KREC STUDIO (KATE)
- **TOTAL BODY CONDITIONING**
  - L2/3
  - 6:10-7:10PM
  - KREC STUDIO (KATE)
- **YOGA FLOW L1/2**
  - 7:15-8:30PM
  - KREC STUDIO (DARRIAN)

### Tuesday
- **CORE YOGA FLOW**
  - L2/3
  - 7:00-8:00AM
  - KREC STUDIO (ANIA)
- **CORE YOGA FLOW L1/2**
  - 5:00-6:15PM
  - KREC STUDIO (ANIA)

### Wednesday
- **SPIN**
  - L2/3
  - 5:10-5:55PM
  - KREC STUDIO (CLAIRE)
- **PILATES & CONDITIONING**
  - M2/3
  - 6:10-7:10PM
  - KREC STUDIO (CLAIRE)
- **YOGA FLOW L1/2**
  - 7:15-8:30PM
  - KREC STUDIO (DARRIAN)

### Thursday - 12/14 only
- **YOGA SCULPT**
  - M2/3
  - 7:00-8:00AM
  - KREC STUDIO (ANDREA M)
- **CORE YOGA FLOW**
  - M1/2
  - 5:05-6:15PM
  - KREC STUDIO (ANIA)

### Saturday 12/16 only
- **ASHTANGA YOGA, M2**
  - KREC STUDIO (ANIA)

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**Get Started with a K-FIT Pass**

Unlimited access to all yoga and fitness classes at KREC.

Cost: $45/quarter

Get your K-FIT Pass at KREC or the John Wooden Center 1st floor, Sales & Information.

**Choose Your Workout**

Complexity of Choreography/Movement
- **L** Low
- **M** Medium
- **H** High

Exercise Intensity
- **1** Low
- **2** Medium
- **3** High

**Find More Information**

Check [www.recreation.ucla.edu/krec](http://www.recreation.ucla.edu/krec) for workout descriptions and updates.

All classes are on a space-available basis. Participants must be present for warm-up. No late entry. No auditing.

Appropriate athletic clothing and shoes required.

Thick fitness mats provided. Bring your own yoga mat for yoga classes.

If you would like to reserve your spot in class go to: [http://bit.ly/kfitpass](http://bit.ly/kfitpass) and create an account.