### Monday
- H.I.I.T, M3 12:00-1:00PM
  - PARDEE GYM, JWC (SERGIO)
- TOTAL BODY SWEAT, M/3 12:00-1:00PM
  - PYRAMID RM, JWC (JONATHAN)
- WET WORKOUT, L2 12:10-1:10PM
  - FAMILY POOL, SCRC
- BRUIN BARBELL, H3 5:15-6:15PM
  - PARDEE GYM, JWC (RYAN)
- BARRE WITHOUT A BARRE, M2/3 5:20-6:20PM
  - PYRAMID RM, JWC (ANDREW)
- TAE BO, H3 6:20-7:20PM
  - PARDEE GYM, JWC (BILLY BLANKS)
- DANCE IT OUT, M2 6:25-7:25PM
  - PYRAMID RM, JWC (JULIA F)

### Tuesday
- SPIN, L2/3 7:30-8:15AM
  - STUDIO 2314, JWC (CATIE)
- H.I.I.T, M3 12:00-1:00PM
  - PARDEE GYM, JWC (KC)
- DANCE CARDIO & CONDITIONING, M2 12:00-1:00PM
  - PYRAMID RM, JWC (IKU)
- AQUA CORE & MORE, M2 12:00-1:00PM
  - NORTH POOL
- TOTAL BODY CHALLENGE L2/3 5:10-6:10PM
  - PYRAMID RM, JWC (GLENNA)
- AGILITY & CONDITIONING, H3 5:10-6:10PM
  - PARDEE GYM, JWC (SERGIO)
- SPIN, L2/3 6:20-7:05PM
  - STUDIO 2314, JWC (GLENNA)

### Wednesday
- H.I.I.T, M3 12:00-1:00PM
  - PARDEE GYM, JWC (SERGIO)
- DANCE CARDIO & CONDITIONING, M2 12:00-1:00PM
  - PYRAMID RM, JWC (IKU)
- TOTAL BODY SWEAT, M2/3 12:00-1:00PM
  - PARDEE GYM, JWC (JONATHAN)
- WET WORKOUT, L2 12:10-1:10PM
  - FAMILY POOL, SCRC
- H.I.I.T, M3, 5:15-6:15PM
  - PARDEE GYM, JWC (IKU)
- DANCE IT OUT, M2 5:20-6:20PM
  - PYRAMID RM, JWC (DANNY)
- TOTAL BODY CHALLENGE L2 12:00-1:00PM
  - FAMILY POOL, SCRC
- H.I.I.T, M3 6:20-7:05PM
  - STUDIO 2314, JWC (GLENNA)

### Thursday
- SPIN, L2/3 7:30-8:15AM
  - STUDIO 2314, JWC (CATIE)
- TOTAL BODY SWEAT, M2/3 8:30-9:30AM
  - PYRAMID RM, JWC (JONATHAN)
- BRUIN BARBELL, H3 12:00-1:00PM
  - PARDEE GYM, JWC (RYAN)
- TOTAL BODY CHALLENGE L2 12:00-1:00PM
  - PYRAMID RM, JWC (SERGIO)
- AQUA CORE & MORE, M2 12:00-1:00PM
  - NORTH POOL
- AGILITY & CONDITIONING, H3 5:10-6:10PM
  - PARDEE GYM, JWC (SERGIO)
- DANCE CARDIO & CONDITIONING, M2 5:15-6:15PM
  - PYRAMID ROOM, JWC (IKU)

### Friday
- H.I.I.T, M3 12:00-1:00PM
  - PARDEE GYM, JWC (SERGIO)
- DANCE CARDIO & CONDITIONING, M2 12:00-1:00PM
  - PYRAMID RM, JWC (IKU)
- WET WORKOUT, L2 12:10-1:10PM
  - FAMILY POOL, SCRC

---

**Get Started With a Fitness Pass**

All Group Exercise classes require a Fitness Pass. Unlimited use for one quarter is $25 and available for purchase from Sales & Service in the John Wooden Center.

**Choose Your Workout**

<table>
<thead>
<tr>
<th>Complexity of Choreography</th>
<th>L Low</th>
<th>M Medium</th>
<th>H High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Intensity</td>
<td>L Low</td>
<td>M Medium</td>
<td>H High</td>
</tr>
</tbody>
</table>

**Find More Information**

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

All classes are on a space-available basis. Participants must be present for warm-up. No late entry. Athletic shoes required. Thick fitness mats provided. Bring your own yoga mat for pilates and yoga classes.

**REV:6717**