### 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
**Complexity of Choreography**
- L Low
- M Medium
- H High

**Exercise Intensity**
- L Low
- M Medium
- H High

### 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 Yoga and Yogalates classes.

---

**Monday**
- H.I.I.T., M3 12:00-1:00PM PYRAMID RM, JWC (OLIVIA)
- WET WORKOUT, M2 12:10-1:10PM FAMILY POOL, SCRC
- H.I.I.T., L2/3 5:10-6:10PM SW CORNER, DRAKE TRACK (JORDAN & JUSTIN)
- BARRE WITHOUT A BARRE, M2/3 5:30-6:25PM PYRAMID RM, JWC (ANDREW)
- DANCE IT OUT, H2 6:30-7:25PM, PYRAMID RM, JWC (Gopi)
- CORE YOGA FLOW M2/3 7:30-8:30PM PYRAMID RM, JWC (ALLIE)

**Tuesday**
- SPIN, L2 7:30-8:15AM RB CT #9, JWC (CATIE)
- MAT PILATES, M2 12:05-12:55PM PYRAMID RM, JWC (PETER)
- BRUIN BARBELL, H3 12:00-1:00PM NW END, DRAKE TRACK (RYAN)
- AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL, KAUFMAN HALL
- POP DIVA WORKOUT, M2 4:00-5:00PM PYRAMID ROOM (TAYLOR)
- SPIN, L2/3 5:30-6:15PM RB CT #9, JWC (ALEX)
- TOTAL BODY CHALLENGE, M2/3 5:30-6:30PM PYRAMID RM, JWC (KATE)
- AQUA H.I.I.T., M3 5:30-6:30PM FAMILY POOL, SCRC
- AFROVIBE, H2 6:35-7:35PM PYRAMID RM, JWC (ZEN)

**Wednesday**
- SPIN, L2 7:15-8:00AM RB CT #9, JWC (V.I)
- DANCE CARDIO & CONDITIONING, H2 12:05-12:55PM PYRAMID RM, JWC (IKU)
- WET WORKOUT, M2 12:10-1:10PM FAMILY POOL, SCRC
- SPIN, L2/3 5:15-6:00PM RB CT #9, JWC (GLENNA)
- ZUMBA, M2 5:20-6:20PM PYRAMID RM, JWC (LAURA M)
- TOTAL BODY CHALLENGE, M2/3 6:30-7:30PM PYRAMID ROOM, JWC (VIKRAM)
- TOTAL BODY CHALLENGE, M2/3 5:10-6:10PM PYRAMID RM, JWC (MONICA)
- AQUA H.I.I.T., M3 5:30-6:30PM FAMILY POOL, SCRC
- DANCE IT OUT, H2 6:25-7:25PM PYRAMID RM, JWC (JULIA)

**Thursday**
- SPIN, L2 7:30-8:15AM RB CT #9, JWC (CATIE)
- TOTAL BODY SWEAT, M3 7:45-8:45AM PYRAMID RM, JWC (JONATHAN)
- TOTAL BODY CHALLENGE, L2 12:05-12:55PM PYRAMID RM, JWC (OLIVIA)
- ZUMBA, M2 12:00-1:00PM NW END, DRAKE TRACK (RYAN)
- AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL, KAUFMAN HALL
- SPIN, L2/3 5:15-6:00PM RB CT #9, JWC (GLENNA)
- TOTAL BODY CHALLENGE, M2/3 5:35-6:35PM PYRAMID ROOM, JWC (CYNTHIA)
- POP DIVA WORKOUT, M2 4:00-5:00PM PYRAMID ROOM, JWC (TAYLOR)
- TOTAL BODY CHALLENGE, M2/3 5:10-6:10PM PYRAMID RM, JWC (MONICA)
- AQUA H.I.I.T., M3 5:30-6:30PM FAMILY POOL, SCRC
- DANCE IT OUT, H2 6:25-7:25PM PYRAMID RM, JWC (JULIA)

**Friday**
- SPIN, L2 7:00-7:45AM RB CT #9, JWC (V.I)
- ZUMBA, M2 12:05-12:55PM PYRAMID RM, JWC (NINA)
- TOTAL BODY CHALLENGE, M2/3 5:35-6:35PM PYRAMID ROOM, JWC (CYNTHIA)
- WET WORKOUT, M2 12:10-1:10PM FAMILY POOL, SCRC
- CORE YOGA SCULPT, M2, 4:00-5:00PM PYRAMID ROOM, JWC (ISABELLE)
- TOTAL BODY CHALLENGE, M2/3 5:35-6:35PM PYRAMID ROOM, JWC (CYNTHIA)

**Saturday**
- STEP 40/40/10, M2/3 9:45-11:15 AM PYRAMID RM, JWC (GLENNA & KATIE)
AGILITY & CONDITIONING
Get a great cardiovascular conditioning workout. Improve your agility or ability to change direction with various conditioning drills.

ADVANCED STEP & CONDITIONING
Step is a GREAT cardiovascular and conditioning workout. This class kicks up the choreography a notch to challenge the brain and body!

AFRO VIBE
Afro Vibe is a cardio dance workout combined with standing strength and conditioning choreography. This class will challenge your body and mind.

BARRE WITHOUT A BARRE
Ballet conditioning in the center of the floor without a ballet barre. Through ballet conditioning exercises you will strengthen your core, arms and legs and “kick” your body into shape.

BATTLE OF THE ROPE
Use battle ropes to increase back and midline strength as well as improve cardiovascular conditioning. Class will also use a variety of other equipment for an excellent total body workout.

BOOTCAMP FUN
Get ready for a challenging total body workout. Cardio intervals sports conditioning core conditioning kickboxing muscular conditioning all in one. Workout may even venture outdoors.

BOOTY KICKIN’ BARRE
This workout uses your own body weight and a wall mounted ballet barre to develop long dancer-like muscles. “It’s a kick” for the midline glutes and legs.

CONDITIONING W/ RINGS & PARALLEL BARS
A gymnastics-based workout that allows you to use your own body weight to perform standard skills such as push/pull ups on rings. Scalable and progression based instruction allows for all skill levels to strive toward mastering movements such as the muscle-up, skin the cat levers and 1-rep holds.

CORE FLOW YOGA
A blend of yoga and core exercises to help you improve overall mindfulness, range of motion and core-strength. A great combination of stretching and strengthening your body!

DANCE CARDIO & BARRE
Warm up at the wall-mounted ballet barres with ballet conditioning exercises, then take center floor and learn fun, easy-to-follow, dance cardio routines. Build cardiovascular health and muscular endurance with this fun dance-based workout. End with a cool down and total body stretch.

DANCE CARDIO & CONDITIONING
Alternate between fun dance cardio choreography and total body conditioning with weights. A great workout for cardio and strength all in one hour.

DANCE IT OUT® & DANCE IT OUT® HIP HOP
A high energy dance cardio workout celebrating a variety of styles and music! From Hip Hop to Bollywood, Disco, Broadway, African, Russian, Pop, Jive, Swing, Mambo and more you’ll learn to dance and build your stamina while having a blast! Dance it Out® Hip Hop primarily focuses on hip hop routines.

GUTS, BUTTS & THIGHS
This class targets conditioning for the midline, legs and glutes for an amazing workout utilizing a variety of equipment.

H.I.I.T. HIGH INTENSITY INTERVAL TRAINING
This is the class for those of you who want to work hard and learn new skills. Perform multi-joint compound bodyweight movements and utilize a variety of equipment that challenges every muscle in your body. Kick your training up a notch and join the fun.

BRUIN BARBELL
Classes incorporate the use of barbells to perform advanced lifts to increase strength power mobility and overall work capacity. Participants must be familiar with the following lifts (or take the Intro to Barbell class listed below): Deadlift, Sumo Deadlift, Front Squat, Hang & Power Cleans, Thrusters, Overhead Press, Push Press, Push Jerk, and Snatch.

INTRO TO BARBELL
Class introduces the lifts performed in the Bruin Barbell classes above and is strongly encouraged for participation in the Bruin Barbell workouts. Sign up at www.recreation.ucla.edu/register or show up on the first day of the section to see if there’s space. Check online for class dates and times.

MAT PILATES
Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture.

PILETES AND CONDITIONING
This class will challenge your entire body with great attention to the core. Excellent for improving posture, flexibility, and overall strength.

POP DIVA WORKOUT®
This awesome dance cardio workout will inspire you to get in great shape while rocking out to your favorite pop hits. Learn fun easy to follow choreography to each song and dance your heart out for an hour of pop diva bliss.

SPIN
This instructor-led group cycling workout will give you an intense cardiovascular workout and inspire those around you to ride harder get stronger and have fun. Includes some high intensity interval training to kick up your conditioning to the next level.

STEP 30/20/10 35/30/10 45/35/10
First number denotes the minutes of cardio on the step the 2nd number denotes the time spent strength training and the 3rd number denotes the time spent stretching. All three equal a balanced total body workout.

STEP & CONDITIONING
Step & Conditioning provides some cardio on the step and then some tough overall conditioning for the rest of the body.

STEP H.I.I.T.
This class provides cardio and conditioning on the step and also utilizes weights, tubes, bands and your own body resistance for some great high intensity interval training.

TAE BO®
A total body cardio-martial arts workout incorporating a fusion of Taekwondo and Boxing techniques developed and made famous by Billy Blanks. An excellent workout for building mind-body stamina and strength.

TOTAL BODY CHALLENGE / TOTAL BODY SWEAT
A total body strength training/aerobic class using weights tubes bands balls and your own body for resistance. Get strong and have fun.

WET WORKOUT AQUA BOOTCAMP SHALLOW WATER AEROBICS
Deep-water exercise classes are beneficial to exercisers at any fitness level. Suspended in deep water with a flotation belt or water buoy deep-water exercise gives you the benefits of muscle conditioning aerobics and flexibility in a non-impact workout. The class format will differ between instructors.

Aqua Bootcamp kicks deep water exercise up a notch. Shallow Water Aerobics is a high energy full-body workout incorporating rapid variations of movement patterns that work all the major muscle groups in a bootcamp-style. You will walk, jog and bounce your way across the pool traveling the lane and performing various exercises along the way.

YOGA BARRE FLOW
A blend of yoga and core exercises while also-utilizing a wall-mounted ballet barre for added support. Enjoy a variety of poses while moving, flowing and stretching. End in a blissful shavasana (meditation lying down).

ZUMBA®
A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more.

*Classes vary each quarter