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<td><strong>DANCE CARDIO &amp; CONDITIONING</strong></td>
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<td><strong>YOGA FLOW</strong></td>
<td><strong>DANCE IT OUT HIP HOP</strong></td>
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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 & Cashiering.

**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.
ASHTANGA YOGA
A system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. It links the breath with a set series of progressive postures or asanas. It is commonly known as the “original power yoga.”

CORE YOGA FLOW
A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

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.

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

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

SPIN
This instructor-led indoor group cycling workout will give you an intense cardiovascular workout that will improve both endurance and power. Featuring bikes, personal power meters and fully integrated training system from Stages – the gold standard in Indoor Cycling. To maximize your time and training results, create a personal profile at www.stagesflight.com. Facility code for KREC FitWell is kk470.

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

YOGA FLOW
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA SCULPT
Power yoga flow, plus moderate weight lifting, and cardio conditioning. Let’s sweat!

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

www.recreation.ucla.edu/krec