## K-FIT WINTER 2018

**JANUARY 8 - MARCH 18**

No classes 1/13-1/15, 2/17-2/19

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZUMBA &amp; CONDITIONING, M2 7:30-8:30AM KREC STUDIO (IKU)</td>
<td>TOTAL BODY CHALLENGE, L2/3 6:00-6:45AM KREC STUDIO (SERGIO)</td>
<td>SPIN, L2/3 6:00-6:45AM KREC STUDIO (JENNIFER H)</td>
<td>TOTAL BODY CHALLENGE, L2/3 6:00-6:45AM KREC STUDIO (SERGIO)</td>
<td>ASHTANGA YOGA M2 9:00-10:30AM KREC STUDIO (ANIA)</td>
</tr>
<tr>
<td>SPIN, L2/3 5:10-5:55PM KREC STUDIO (JONATHAN)</td>
<td>CORE YOGA FLOW &amp; SCULPT, L2/3 7:00-8:00AM KREC STUDIO (CASSIE)</td>
<td>TOTAL BODY CONDITIONING, L2/3 7:00-8:00AM KREC STUDIO (JENNIFER H)</td>
<td>MIX TAPE YOGA, L1/2 7:00-8:00AM KREC STUDIO (MARCO)</td>
<td>TOTAL BODY CHALLENGE, L2/3 6:00-6:45AM KREC STUDIO (SERGIO)</td>
</tr>
<tr>
<td>TOTAL BODY CONDITIONING, L2/3 6:10-7:10PM KREC STUDIO (JONATHAN)</td>
<td>CORE YOGA FLOW L1/2 5:05-6:15PM KREC STUDIO (ANIA)</td>
<td>DYNAMIC SCULPT &amp; SWEAT, L2/3 4:00-5:00PM KREC STUDIO (CLAIRE)</td>
<td>CORE YOGA FLOW M1/2 5:05-6:15PM KREC STUDIO (ANIA)</td>
<td>TOTAL BODY CONDITIONING, L2/3 6:20-7:20PM KREC STUDIO (KATE)</td>
</tr>
<tr>
<td>YOGA FLOW, L1/2 7:15-8:30PM KREC STUDIO (DARRRIAN)</td>
<td>SPIN &amp; CORE, L2/3 6:40-7:40PM KREC STUDIO (MONICA)</td>
<td>SPIN, L2/3 5:10-5:55PM KREC STUDIO (CLAIRE)</td>
<td>PILATES &amp; CONDITIONING, M2/3 6:10-7:10PM KREC STUDIO (CLAIRE)</td>
<td>ZUMBA STRONG, M3 7:30-8:30PM KREC STUDIO (VANESSA)</td>
</tr>
<tr>
<td>ZUMBA, M2/3 8:00-9:00PM KREC STUDIO</td>
<td>YOGA FLOW L1/2 7:15-8:30PM KREC STUDIO (DARRRIAN)</td>
<td>PILATES &amp; CONDITIONING, M2/3 6:10-7:10PM KREC STUDIO (CLAIRE)</td>
<td>YOGA FLOW L1/2 7:15-8:30PM KREC STUDIO (DARRRIAN)</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

[www.recreation.ucla.edu/krec](http://www.recreation.ucla.edu/krec)
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.

DYNAMIC SCULPT & SWEAT
Challenge your strength and sculpt a lean and balanced body! Designed to help you build muscular endurance, functional strength, boost your metabolism and target hard-to-tone areas. Dynamic Sculpt & Sweat is the perfect cardio/carve combo. You’ll lose your shoes to improve balance, postural alignment, core control, and range of motion -- even foot and ankle strength and mobility. Be prepared to sweat, bring a towel and water bottle!

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.

MIXTAPE YOGA
A dynamic flow of mindful movements curated with a soundtrack of today’s hip-hop + r&b top tracks that will transform, stretch, and restore your body from the inside-out.

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, reggaeton and more.

ZUMBA STRONG
Music is the ultimate motivator. It pushes you through your workout, through one last rep - and then one more. Knowing how powerful the effect of music is on a workout, the folks at Zumba synced high intensity moves to a beat? Jumps, lunges, burpees, squats – all to a beat! Moving in sync with music made students consistently push themselves past their limits and meet their goals faster. Now, you can too!