JUNE 26 - AUGUST 4, 2017

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>Exercise Intensity</th>
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<tr>
<td>Low</td>
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<td>Medium</td>
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<td>High</td>
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Find More Information
Check 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>H.I.I.T, M3</td>
<td>SPIN, L2</td>
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<td>12:00-1:00PM</td>
<td>7:30-8:15AM</td>
<td>7:15-8:00AM</td>
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<td>7:00-7:45AM</td>
<td>7:00-7:45AM</td>
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<tr>
<td>PARDEE GYM, JWC</td>
<td>RB CT #9, JWC (CATIE)</td>
<td>RB CT #9, JWC (V.I)</td>
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DANCE CARDIO & CONDITIONING M2
12:05-12:55PM
PYRAMID RM, JWC (IKU)

WET WORKOUT, M2
12:10-1:10PM
FAMILY POOL, SCRC

H.I.I.T, L2/3
5:10-6:10PM
PARDEE GYM, JWC (EDWARD & MONICA)

SPIN, L2
5:15-6:00PM
RB CT #9, JWC (ALEX)

TOTAL BODY CHALLENGE, M2/3
5:30-6:30PM
PYRAMID RM, JWC (SERGIO)

TAE BO H2/3
6:15-7:15PM
PARDEE GYM, JWC (BILLY BLANKS)

DANCE CARDIO & CONDITIONING, H2
6:35-7:35PM
PYRAMID RM, JWC (IKU)

CORE YOGA FLOW, M2/3,
7:40-8:40PM
PYRAMID RM, JWC (ALLIE)

HIIT, M3
6:20-7:20PM
PARDEE GYM, JWC (JORDAN & JUSTIN)

AFRO VIBE, H2
6:35-7:35PM
PYRAMID RM, JWC (ZEN)

AQUA H.I.I.T., M3
5:30-6:30PM
FAMILY POOL, SCRC

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Choose Your Workout

Complexity of Choreography
L Low  M Medium  H High

Exercise Intensity
1 Low  2 Medium  3 High

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descriptions and updates.

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UCLA Recreation
www.recreation.ucla.edu/groupx
**Workout Descriptions**

**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 squat based format integrates choreography from Africa, the Middle East, the Caribbean and Brazil to a variety of music including Afro-Jazz, Samba, Soca, Raggamuffin, traditional drumming and much more! Agility & Conditioning. Get a great cardiovascular conditioning workout and improve your agility or ability to change direction.

**BATTLE OF THE ROPEs**
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. Cardiac intervals sports conditioning core conditioning kickboxing muscular conditioning-plan on it all. 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.

**CARDIO & CONDITIONING CIRCUIT**
This class will include conditioning and cardio utilizing a variety of equipment—including the step—in a circuit format.

**CARDIO HIP HOP**
Learn fun hip hop choreography to popular hip hop tunes. Taught in a “follow along” format to keep you moving and grooving the entire hour. Get down while you get your heart rate up!

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

**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.

**GLUTES OF GLORY**
This class targets 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 IFT Barbell classes above and is strongly encouraged for participation in the IFT 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.

**KILLER CORE**
This class features a progressive moderate-high intensity workout which focuses on the “Core” muscle group including abdominals obliques and muscles of the back. Learn the dynamics of these important muscles and how to engage them in a variety of unique strength-building exercises. Great for posture improvement balance and athletic performance.

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

**MOVE BETTER**
Want to improve a particular lift or movement pattern? Struggling with mobility and/or stability? This class is for you. We’ll focus on all the major joints and common areas of concern (scapular/humeral spine lumbo pelvic hip knee ankle foot) to develop healthy movement patterns using a variety of techniques like myofascial release loaded mobility movement drills etc. This is not really a workout but more prehab/injury prevention.

**PILATES REFORMER**
Using the reformer bed this class will challenge your entire body with great attention to the core. Excellent for improving posture and flexibility as well. These classes are now offered in an enrolled format. To enroll go to www.recreation.ucla.edu/register.

**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 is worth your time. Get an intense cardiovascular workout and get inspired by those around you to ride harder and get stronger and have fun.

**STEP 30/20/10**
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.

**TOTAL BODY CONDITIONING (TBC)**
A total body strength training/anaerobic class using weights tubes bands and your own body for resistance. Get strong and have fun.

**TOTAL BODY CHALLENGE WITH RECOVERY**
A total body strength training/anaerobic class using barbells to perform advanced lifts to increase strength 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.

**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 and the 3rd number denotes the time spent stretching. All three equal a balanced total body workout.

**WET WORKOUT**
Aqua Bootcamp Shallow Water Aerobics Deep-water exercise classes are helpful 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 and the ability to change direction.

**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 and the ability to change direction.

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

*Classes vary each quarter*