

No classes September 11 and after 6pm on November 23-27.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am-8:45am Spin L2 (Banana) Studio 2314, JWC	8:00am-9:00am Step Challenge & Core M2 (Charisse) Courtyard, JWC	7:45am-8:45am Spin L2 (Banana) Studio 2314, JWC	8:00am-9:00am Step 30/20/10 M2 (Banana) Pyramid Room, JWC	7:45am-8:45am Spin L2 (Banana) Studio 2314, JWC	9:45am-11:15am Step 45/30/15 M3 (Banana) Pyramid Room, JWC
8:00am-9:00am Step 30/20/10 M2 (Banana) Pyramid Room, JWC	9:05am-10:05am Guts, Butts & Thighs M2 (Charisse) Pyramid Room, JWC	8:00am-9:00am Cardio, Kickboxing & Conditioning M2/3 (Charisse) Pyramid Room, JWC	9:05am-9:55am Ultimate Upper Body M2 (Banana) Pyramid Room, JWC	11:00am-12:00pm Mat Pilates M2/3 (Banana) Pyramid Room, JWC	10:15am-11:15am Spin M2 (Banana) Studio 2314, JWC
9:05am-9:55am Total Body Challenge M2 (Banana) Pyramid Room, JWC	12:00pm-1:00pm IFT Barbell H3 (Banana) Pardee Gym, JWC	9:05am-10:05am Total Body Challenge L2 (Charisse) Pyramid Room, JWC	12:00pm-1:00pm IFT Barbell H3 (Charisse) Pardee Gym, JWC	12:00pm-1:00pm IFT M3 (Charisse) Courtyard, JWC	2:00pm-3:30pm Yogibarre H3 (Elissa) Gold Room, JWC
11:00am-12:00pm Mat Pilates M2/3 (Banana) Pyramid Room, JWC	12:10pm-1:10pm Spin L2 (Susan) Studio 2314, JWC	12:10pm-1:10pm Pilates Reformer M2 (Peter) Studio 2314, JWC	12:10pm-1:10pm Spin L2 (Susan) Studio 2314, JWC	12:00pm-1:00pm Step & Stretch M2 (Liz) Pyramid Room, JWC	3:45pm-5:00pm Mat Pilates H3 (Elissa) Gold Room, JWC
12:10pm-1:10pm Pilates Reformer M2 (Peter) Studio 2314, JWC	12:10pm-1:10pm Total Body Challenge M2 (Banana) Pyramid Room, JWC	12:10pm-1:10pm Zumba M2 (Karma) Pyramid Room, JWC	12:10pm-1:10pm Total Body Challenge M2 (Banana) Pyramid Room, JWC	12:10pm-1:10pm Pilates Reformer M2 (Peter) Studio 2314, JWC	5:15pm-6:15pm Bellydancing Workout M1/2 (Elissa) Gold Room, JWC
12:10pm-1:10pm Step & Core M2 (Peter) Pyramid Room, JWC	12:10pm-1:10pm WET Workout Park Pool, SCRC	12:10pm-1:10pm WET Workout Park Pool, SCRC	12:10pm-1:10pm WET Workout Park Pool, SCRC	12:10pm-1:10pm WET Workout Park Pool, SCRC	Sunday
12:10pm-1:10pm WET Workout Park Pool, SCRC	4:05pm-5:05pm Pilates Reformer M2 (Alex) Studio 2314, JWC	4:45pm-5:30pm Spin L1 (Gabi) Studio 2314, JWC	4:05pm-5:05pm Pilates Reformer M2 (Banana) Studio 2314, JWC	5:15pm-6:15pm Spin M2/3 (Kate) Studio 2314, JWC	3:00pm-4:00pm Cardio Kickboxing M3 (Gina) Pyramid Room, JWC
1:30pm-2:15pm Ab & Butt L3 (Peter) Pyramid Room, JWC	4:30pm-5:30pm Step 30/20/10 L1 (Banana) Pyramid Room, JWC	5:15pm-6:15pm IFT M3 (Charisse) Pardee Gym, JWC	4:15pm-5:15pm Step 30/20/10 L1 (Banana) Pyramid Room, JWC	5:15pm-6:30pm Bootcamp Fun M2/3 (Cynthia) Pyramid Room, JWC	4:05pm-5:05pm Total Body Challenge L3 (Kate) Pyramid Room, JWC
5:15pm-6:15pm Tae Bo & Conditioning H3 (Stacey) Pardee Gym, JWC	5:15pm-6:15pm IFT Barbell H3 (Rus) Pardee Gym, JWC	5:20pm-6:35pm Step 35/30/10 M2/3 (Bijal) Pyramid Room, JWC	5:10pm-6:10pm IFT Barbell H3 (Lindsay) Pardee Gym, JWC	6:35pm-7:35pm Step Challenge M2/3 (Kate) Pyramid Room, JWC	
5:20pm-6:20pm Zumba M2 (Kate) Pyramid Room, JWC	5:15pm-6:15pm Spin L3 (Paige) Studio 2314, JWC	5:35pm-6:35pm Spin L3 (Bijal) Studio 2314, JWC	5:30pm-6:30pm Cardio Hop Hop M2 (Lindsay) Pyramid Room, JWC		
5:30pm-6:30pm Spin L2/3 (Kate) Studio 2314, JWC	5:30pm-6:30pm Hula Hoop Workout M2 (Pamela) Gold Room, JWC	6:25pm-7:45pm Yogalattes M2 (Kate) Pardee Gym, JWC	5:30pm-6:30pm Spin L3 (Lindsay) Studio 2314, JWC		
6:20pm-7:20pm IFT M3 (Charisse) Pardee Gym, JWC	5:35pm-6:35pm Step Challenge & Abs H2/3 (Rus) Pyramid Room, JWC	6:40pm-7:55pm Total Body Challenge H2 (Jacinta) Pyramid Room, JWC	5:30pm-6:45pm Dancer's Barre Workout M2 (Lindsay) Gold Room, JWC		
6:25pm-7:25pm The Bhangra Bollywood Workout M/H2 (Achinta) Pyramid Room, JWC	6:25pm-7:25pm Guts, Butts & Thighs M2 (Paige) Pardee Gym, JWC		6:15pm-7:15pm Cardio Kickboxing M3 (Gina) Pardee Gym, JWC		
7:30pm-8:30pm Hip Hop Aerobics H2 (Karma) Pyramid Room, JWC	6:30pm-7:30pm Spin L2 (Paige) Studio 2314, JWC		6:30pm-6:50pm Power Down L1 (Kate) Pyramid Room, JWC		
	6:40pm-7:55pm Total Body Challenge H2 (Alexa) Pyramid Room, JWC		7:00pm-8:15pm Total Body Challenge M2 (Kate) Pyramid Room, JWC		
	8:00pm-8:30pm Foam Roller Recovery L1 (Alexa) Pyramid Room, JWC				

WHAT THE SYMBOLS MEAN

- Athletic shoes required.
- Class requires sign-up unless space is available. Beginning one hour prior to class, sign-up in person at the FITWELL Desk.
- Participation requires completion of a Pilates - Reformer Intro Workshop and a Reformer Add-on Pass (see right). Class requires sign-up unless space is available. Beginning one hour prior to class, call 310.206.6130. No in-person sign-ups.
- Participation in an Intro To Barbell Workshop class strongly encouraged (see Rec Quarterly).

GET YOUR FITNESS PASS & PILATES REFORMER ADD-ON

All Group Exercise classes require a Fitness Pass. Purchase one at Sales & Cashiering (John Wooden Center, 1st floor.) Unlimited use for one quarter is \$25. Add access to the Reformer Pilates workouts (marked with a) with a Reformer Add-on Pass for an additional \$20 (also requires completion of a Pilates - Reformer Intro Workshop).

CHOOSE YOUR WORKOUT

Pick your choreography and intensity level:
 Complexity of Choreography
L Low **M** Medium **H** High
 Exercise Intensity
1 Low **2** Medium **3** High
 Find something that fits into your schedule:
 7-11am 12-3pm 4-6pm 7-9pm

FIND MORE INFORMATION

Check www.recreation.ucla.edu/groupx for the most updated schedule and workout descriptions. All classes are on a space-available basis. Participants must be present for warm-up. No late entry. Thick fitness mats provided. Bring your own yoga mat for pilates, yoga and yogalattes classes.