

# GroupX WINTER 2019

JANUARY 7 - MARCH 17

NO CLASSES: 1/19, 1/20, 1/21, 2/16, 2/17, 2/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>SPIN, L2/3 7:30-8:15AM STUDIO 2314, JWC (SEP)</p> <p>TOTAL BODY CHALLENGE L2 8:00AM-9:00AM PYRAMID RM, JWC (SUZANNE)</p> <p>H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (DANNY)</p> <p>DANCE IT OUT &amp; CONDITIONING M2/3 12:00-1:00PM PYRAMID RM, JWC (MANDY/IKU)</p> <p>WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC</p> <p>ZUMBA, M2 5:15-6:15PM PYRAMID RM, JWC (MEGHAN D)</p> <p>TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (DESIREE)</p> <p>SPIN, L2/3 6:30-7:15PM STUDIO 2314, JWC (EMILY)</p> <p>GUTS, BUTTS &amp; THIGHS M2/3 6:30-7:30PM PARDEE GYM, JWC (RACHEL)</p>	<p>SPIN, L2/3 7:30-8:15AM STUDIO 2314, JWC (CATIE)</p> <p>STEP H.I.I.T., M2/3 8:00-9:00AM PYRAMID RM, JWC (MAUREEN)</p> <p>BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (KC)</p> <p>MAT PILATES, M2 12:00-1:00PM DYNASTY RM, JWC (PETER)</p> <p>AQUA CORE &amp; MORE, M2 12:00-1:00PM NORTH POOL</p> <p>PILATES &amp; CONDITIONING, M2/3 4:00-4:55PM PYRAMID RM, JWC (CLAIRE)</p> <p>AGILITY &amp; CONDITIONING, H3 5:10-6:10PM PARDEE GYM, JWC (MELNIKAS)</p> <p>TOTAL BODY CHALLENGE L2/3 5:15-6:15PM PYRAMID RM, JWC (GLENNA)</p> <p>BOOTY KICKIN' BARRE, M2 5:30-6:30PM GOLD RM, JWC (MEGHAN C)</p> <p>AQUA PILATES, M2 6:15-7:15PM SOUTH POOL</p> <p>AFRO FUSION DANCE, M2 6:20-7:20PM PYRAMID ROOM, JWC (ZEN)</p> <p>BARBELL &amp; CONDITIONING, H3 6:25-7:25PM PARDEE GYM, JWC (MELNIKAS)</p> <p>SPIN, L2/3 6:30-7:15PM STUDIO 2314, JWC (GLENNA)</p> <p>ZUMBA, M2 7:30-8:25PM PYRAMID RM, JWC (AYLIN)</p>	<p>SPIN, L2/3 7:30-8:15AM STUDIO 2314, JWC (SEP)</p> <p>TOTAL BODY CHALLENGE, L2 8:00AM-9:00AM PYRAMID RM, JWC (SUZANNE)</p> <p>TOTAL BODY CIRCUIT, M3 12:00-1:00PM PARDEE GYM, JWC (OLIVIA)</p> <p>HIP HOP BODY ROCK, M2 12:00-1:00PM, PYRAMID RM, JWC (MILO)</p> <p>TRANSCENDANCE, L1, 1:30-2:45PM PYRAMID RM, JWC (MANDY)</p> <p>WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC</p> <p>PLYOJAM, M3 5:15-6:15PM PYRAMID RM, JWC (LAURA)</p> <p>TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)</p> <p>DANCE IT OUT, M2 6:20-7:20PM PYRAMID RM, JWC (MANDY)</p> <p>TOTAL BODY CHALLENGE, L2/3 6:30-7:30PM PARDEE GYM, JWC (RACHEL)</p> <p>SPIN, L2/3 7:45-8:30PM STUDIO 2314, JWC (LORENA)</p>	<p>MAT PILATES, M2 7:00-8:00AM PYRAMID RM, JWC (PETER)</p> <p>SPIN, L2/3, 7:30-8:15AM STUDIO 2314, JWC (CATIE)</p> <p>BRUIN BARBELL,, H3 12:00-1:00PM PARDEE GYM, JWC (KC)</p> <p>TOTAL BODY CHALLENGE L2 12:00-1:00PM PYRAMID RM, JWC (JESSE O)</p> <p>BOOTY KICKIN' BARRE, M2, 12:00-1:00PM, GOLD RM, JWC (CLAIRE)</p> <p>AQUA CORE &amp; MORE, M2 12:00-1:00PM NORTH POOL</p> <p>PILATES &amp; CONDITIONING M2/3, 4:00-4:55PM PYRAMID RM, JWC (CLAIRE)</p> <p>POUND, M2/3 5:10-6:10PM PYRAMID RM, JWC (MICHELLE)</p> <p>H.I.I.T., H3 5:10-6:10PM PARDEE GYM, JWC (MARIO)</p> <p>SPIN, L2/3 5:30-6:15PM STUDIO 2314, JWC (GLENNA)</p> <p>BOOTY KICKIN' BARRE M2/3 5:30-6:30PM GOLD RM, JWC (CLAIRE)</p> <p>AQUA PILATES, M2 6:15-7:15PM SOUTH POOL</p> <p>BARBELL &amp; CONDITIONING, H3, 6:25-7:25PM PARDEE GYM, JWC (OLIVIA)</p> <p>BOLLYPOP, M2 6:25-7:25PM PYRAMID RM, JWC (AKAANSHA)</p> <p>SPIN, L2/3 7:00-7:45PM STUDIO 2314, JWC (CLAIRE)</p> <p>POP DIVA WORKOUT, M2 7:30-8:25PM PYRAMID RM, JWC (TAYLOR)</p>	<p>H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (RACHEL)</p> <p>ZUMBA, M2 12:00-1:00PM PYRAMID RM, JWC (MEGHAN D)</p> <p>WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC</p> <p>YOGA BARRE, L2/3 4:00-5:00PM GOLD RM, JWC (ISABELLE)</p> <p>BOOTCAMP FUN M2/3 5:30-6:45PM PYRAMID RM, JWC (CYNTHIA)</p>	<p>STEP 45/30/15, M3 9:45-11:15AM PYRAMID RM, JWC (KATIE/GLENNA)</p> <p>SPIN, L2/3 10:00-11:00AM STUDIO 2314, JWC (KATIE/LORENA)</p> <p>TOTAL BODY CHALLENGE M2/3 4:00-5:00PM PYRAMID RM, JWC (LAURA)</p>	

## Get Started with a Fitness Pass

All Group Exercise classes require a Fitness Pass. Unlimited use for one quarter.

Cost: \$35/quarter

Get your Fitness Pass at the John Wooden Center 1st floor  
Sales & Cashiering.

## Choose Your Workout

Complexity of Choreography  
L Low M Medium H High

Exercise Intensity  
1 Low 2 Medium 3 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.** No auditing. Appropriate athletic clothing and shoes required. Thick fitness mats provided.

\*Reserve a spot for impacted Spin classes 1 hour prior to class time at the Fitwell Desk 1st floor John Wooden Center.