

# K-FIT WINTER 2019

JANUARY 7 - MARCH 17

No Classes: 1/19, 1/20, 1/21, 2/16, 2/17, 2/18

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CORE YOGA FLOW, L1/2, 7:00-8:15AM KREC STUDIO (MAYA)	SPIN & CONDITIONING, L2/3 7:00-8:00AM KREC STUDIO, (EMILY)	SPIN, L2/3 6:00-6:45AM KREC STUDIO (JENNIFER H)	SPIN & CORE, L2/3 7:00-8:00AM KREC STUDIO, (EMILY)	CORE YOGA FLOW, L1/2, 5:00-6:10PM KREC STUDIO (MAYA)	ASHTANGA YOGA, M2 9:00-10:30AM KREC STUDIO (ANIA)
UJAM DANCE FITNESS, M2 5:20-6:20PM KREC STUDIO (JASMINE)	BARRE WITHOUT THE BARRE, M2/3 5:30-6:30PM KREC STUDIO, (CLAIRE)	TOTAL BODY CONDITIONING, L2/3 7:00-8:00AM KREC STUDIO (JENNIFER H)	TOTAL BODY CHALLENGE, L2/3 5:10-6:10PM KREC STUDIO, (STEVEN)	BOLLYPOP, M1 6:15-7:15PM KREC STUDIO (CHRISTINA)	
TOTAL BODY CHALLENGE, L2/3 6:30-7:30PM KREC STUDIO, (LAURA)	SPIN & CORE, L2/3 6:45-7:45PM KREC STUDIO (CLAIRE)	HIP HOP BODY ROCK, M2 5:15-6:15PM KREC STUDIO, (MILO)	BOLLYPOP, M2 6:15-7:15PM KREC STUDIO (CHRISTINA)		
YOGA FLOW, L2 7:35-8:45PM KREC STUDIO (ASHLEY)	YOGA FLOW, L2 8:00-9:15PM KREC STUDIO (NICOLE)	SPIN, L2/3 6:30-7:15PM KREC STUDIO, (LORENA)	SPIN, L2 7:30-8:15PM KREC STUDIO (LORENA)		
		DANCE IT OUT, M2 7:30-8:30PM KREC STUDIO (JULIA)			

## 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.

To reserve your spot in any non-Spin class, go to <http://bit.ly/kfitpass>. To reserve your spot in a Spin class, see KFIT Spin class description (reverse, 2nd page).

## ● ● K-FIT WORKOUT DESCRIPTIONS\*

### **AFRO BEAT YOGA**

A powerful vinyasa flow, grounded in breath, that allows students to explore spaciousness while moving to AfroBeat rhythms.

### **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.”

### **BARRE WITHOUT THE BARRE BALLET**

Inspired floor exercises, mat pilates, and traditional exercise combine for an effective workout for the lower body and the core.

### **BOLLYPOP**

is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one’s dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

### **CORE YOGA FLOW**

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

### **DANCE IT OUT**

A high energy dance cardio workout celebrating a variety of styles and music! From Hip Hop to Disco, Broadway, African, Bollywood, Russian, Pop, Swing, Mambo and more you’ll learn to dance and build your stamina while having a blast!

### **HIP HOP BODY ROCK**

A fun-loving Hip Hop dance fitness workout to your favorite old school beats. Learn easy-to-follow dance routines from dance-fitness legend, Milo Levell, and get a great cardiovascular workout!

### **SPIN**

This instructor led group cycling class will give you an intense cardiovascular workout that will improve both endurance and power. Featuring bikes with personal power meters and a fully integrated training system from Stages – the gold standard in Indoor Cycling. “Core” adds an intensive abdominal conditioning component. “Conditioning” adds some core and upper body exercises.

**To take spin classes you must create a Stages Flight account at [www.stagesflight.com](http://www.stagesflight.com). KREC location is kk470.**

**To sign up for a class, you must book a bike. Go to [www.stagesflight.com](http://www.stagesflight.com) or use the App, click “book”, pick a bike, add phone number or select unregistered and you’re ready to RIDE!**

You can sign up for classes 24 hours in advance. If you cannot attend, please cancel your bike. Three “no shows” and you forfeit the opportunity to sign up in advance. Didn’t have a chance to sign up in advance? No problem. Just come to class to see if there’s space. All participants must show appropriate Activity Pass at class. Spin & Core saves time at the end for some Abs!

### **TOTAL BODY CHALLENGE**

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

### **U-JAM DANCE FITNESS**

A hip-hop dance-fitness class. Dance along to funky adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

### **YOGA**

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

### **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.