# 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
- **CORE YOGA FLOW, L1/2**
  - 7:00-8:15AM
  - KREC STUDIO
  - (MAYA)

- **UJAM DANCE FITNESS, M2**
  - 5:20-6:20PM
  - KREC STUDIO
  - (JASMINE)

- **TOTAL BODY CHALLENGE, L2/3**
  - 6:30-7:30PM
  - KREC STUDIO
  - (LAURA)

- **YOGA FLOW, L2**
  - 7:35-8:45PM
  - KREC STUDIO
  - (ASHLEY)

## Tuesday
- **SPIN & CONDITIONING, L2/3**
  - 6:00-6:45AM
  - KREC STUDIO
  - (EMILY)

- **BARRE WITHOUT THE BARRE, M2/3**
  - 5:30-6:30PM
  - KREC STUDIO
  - (CLAIRE)

## Wednesday
- **SPIN, L2/3**
  - 6:00-6:45AM
  - KREC STUDIO
  - (JENNIFER H)

- **TOTAL BODY CONDITIONING, L2/3**
  - 7:00-8:00AM
  - KREC STUDIO
  - (JENNIFER H)

- **HIP HOP BODY ROCK, M2**
  - 5:15-6:15PM
  - KREC STUDIO
  - (MILO)

- **TOTAL BODY CHALLENGE, L2/3**
  - 5:10-6:10PM
  - KREC STUDIO
  - (STEVEN)

## Thursday
- **SPIN & CORE, L2/3**
  - 6:00-6:45AM
  - KREC STUDIO
  - (EMILY)

- **BOLLYPOP, L1/2**
  - 5:00-6:10PM
  - KREC STUDIO
  - (MAYA)

## Friday
- **TOTAL BODY CHALLENGE, L2/3**
  - 6:30-7:15PM
  - KREC STUDIO
  - (LORENA)

- **BOLLYPOP, M2**
  - 6:15-7:15PM
  - KREC STUDIO
  - (CHRISTINA)

- **SPIN, L2**
  - 7:30-8:15PM
  - KREC STUDIO
  - (LORENA)

- **DANCE IT OUT, M2**
  - 7:30-8:30PM
  - KREC STUDIO
  - (JULIA)

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**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.