## 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>CORE YOGA FLOW, L1/2, 7:00-8:15AM KREC STUDIO (MAYA)</td>
<td>UJAM DANCE FITNESS, M2 5:20-6:20PM KREC STUDIO (JASMINE)</td>
<td>SPIN, L2/3 6:00-6:45AM KREC STUDIO (EMILY)</td>
<td>SPIN &amp; CORE, L2/3 7:00-8:00AM KREC STUDIO (EMILY)</td>
<td>CORE YOGA FLOW, L1/2, 5:00-6:10PM KREC STUDIO (MAYA)</td>
<td>ASHTANGA YOGA, M2 9:00-10:30AM KREC STUDIO (ANIA)</td>
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<td>TOTAL BODY CHALLENGE, L2/3 6:30-7:30PM KREC STUDIO (LAURA)</td>
<td>TOTAL BODY CONDITIONING, L2/3 7:00-8:00AM KREC STUDIO (JENNIFER H)</td>
<td>TOTAL BODY CHALLENGE, L2/3 5:10-6:10PM KREC STUDIO (STEVEN)</td>
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<td>YOGA FLOW, L2 7:35-8:45PM KREC STUDIO (ASHLEY)</td>
<td>SPIN &amp; CONDITIONING, L2/3 7:00-8:00AM KREC STUDIO (CLAIRE)</td>
<td>HIP HOP BODY ROCK, M2 5:15-6:15PM KREC STUDIO (MILO)</td>
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<td>BOLLYPOP, M1 6:15-7:15PM KREC STUDIO (CHRISTINA)</td>
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<td>SPIN, L2/3 6:45-7:45PM KREC STUDIO (CLAIRE)</td>
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<td>YOGA FLOW, L2 8:00-9:15PM KREC STUDIO (NICOLE)</td>
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<td>DANCE IT OUT, M2 7:30-8:30PM KREC STUDIO (JULIA)</td>
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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.

If you would like to reserve your spot in class go to: [http://bit.ly/kfitpass](http://bit.ly/kfitpass) and create an account.

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**REV:12/12/18**