

● ● GROUPX WORKOUT DESCRIPTIONS*

AGILITY & CONDITIONING

Get a great cardiovascular conditioning workout. Improve your agility or ability to change direction with various conditioning drills.

BOLLY POP

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!

BOOTCAMP FUN

Get ready for a challenging total body workout. Cardio intervals sports conditioning core conditioning kickboxing muscular conditioning - plan on it all. Workout may even venture outdoors.

BOOTY KICKIN' BARRE

This workout uses your own body weight and a wall mounted ballet barre to develop long dancer-like muscles. "It's a kick" for the midline glutes and legs.

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!

DANCE IT OUT®

A high energy dance cardio workout celebrating a variety of styles and music! From Hip Hop to Bollywood, Disco, Broadway, African, Russian, Pop, Jive, Swing, Mambo and more you'll learn to dance and build your stamina while having a blast! Dance it Out® Hip Hop primarily focuses on hip hop routines.

DANCE IT OUT & CONDITIONING

Alternate between fun dance cardio choreography and total body conditioning with weights. A great workout for cardio and strength all in one hour.

GUTS, BUTTS & THIGHS

This class targets conditioning for the midline, legs and glutes for an amazing workout utilizing a variety of equipment.

H.I.I.T. HIGH INTENSITY INTERVAL TRAINING

This is the class for those of you who want to work hard and learn new skills. Perform multi-joint compound bodyweight movements and utilize a variety of equipment that challenges every muscle in your body. Kick your training up a notch and join the fun.

BRUIN BARBELL & CONDITIONING

Classes incorporate the use of barbells to perform advanced lifts to increase strength, power, mobility and overall work capacity. Participants must be familiar with the following lifts (or take the Intro to Barbell class listed below): Deadlift, Front Squat, Hang Power Cleans, Overhead Press, Push Press, Push Jerk, and Snatch. Conditioning adds a short high intensity cardio segment at the end of class. Mobility adds an extended mobility period.

INTRO TO BARBELL

Class introduces the lifts performed in the Bruin Barbell classes and is strongly encouraged for participation in the Bruin Barbell workouts. Sign up at www.recreation.ucla.edu/register or show up on the first day of the section to see if there's space.

MAT PILATES

Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture.

PILATES AND CONDITIONING

This class will challenge your entire body with great attention to the core. Excellent for improving posture, flexibility, and overall strength.

POP DIVA WORKOUT®

This awesome dance cardio workout will inspire you to get in great shape while rocking out to your favorite pop hits. Learn fun easy to follow choreography to each song and dance your heart out for an hour of pop diva bliss.

POUND

Rock out! Work out! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements

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.

To take spin classes you must create a Stages Flight account at www.stagesflight.com. JWC location is RA093.

To sign up for a class, you must book a bike. Go to 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!

STEP 45/35/10 & STEP H.I.I.T.

First number denotes the minutes of cardio on the step the 2nd number denotes the time spent strength training and the 3rd number denotes the time spent stretching. All three equal a balanced total body workout. STEP H.i.i.t. keeps the choreography simple for maximum intensity.

TAE BO®

A total body cardio-martial arts workout incorporating a fusion of Taekwondo and Boxing techniques developed and made famous by Billy Blanks. An excellent workout for building mind-body stamina and strength.

U-JAM 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.

TOTAL BODY CHALLENGE / TOTAL BODY SWEAT

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

TOTAL BODY CIRCUIT

You're on the clock in this workout! This timed circuit class uses time efficiently - alternating exercises and maximizing work to rest ratios for a transformative total body workout!

TRANSCENDANCE

Transcend your busy mind by moving and dancing to inspiring, soulful music that will assist you in embodying your thoughts, feelings and emotions. This class is intended to help you connect within and "be with" whatever is present. Through this heart-led journey through music, movement and meditation, you'll experience greater levels of self-awareness, self-acceptance, self-love and authentic self-expression while also increasing your heart-rate and stretching all major muscle groups.

WET WORKOUT AQUA CLASSES

Deep-water exercise classes are beneficial to exercisers at any fitness level. Suspended in deep water with a flotation belt or water buoy deep-water exercise gives you the benefits of muscle conditioning aerobics and flexibility in a non-impact workout. The class format will differ between instructors. Aqua Tabata kicks deep water exercise up a notch.

ZUMBA®

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more. Zumba Afro emphasizes African styles of dance and music.

STRONG BY ZUMBA®

Music is the ultimate motivator. It pushes you through your workout, through one last rep - and then one more. Knowing how powerful the effect of music is on a workout, the folks at Zumba synced high intensity moves to a beat? Jumps, lunges, burpees, squats – all to a beat! Moving in sync with music made students consistently push themselves past their limits and meet their goals faster. Now, you can too!

YOGA BARRE

Yoga flow and ballet movement at the barre with a focus on core strength for a lean sculpted body. Athletes of all levels are welcome..