### Monday
- **H.I.I.T, M3**
  12:00-1:00PM
  PARDEE GYM, JWC (SERGIO)
- **DANCE IT OUT & CONDITIONING, M2/3**
  12:05-12:55PM
  PYRAMID RM, JWC (IKU)
- **WET WORKOUT, L2**
  12:10-1:10PM
  PARK POOL, SCRC
- **GUTS, BUTTS & THIGHS, M2/3**
  12:00-1:00PM
  NORTH POOL
- **SPIN, L2/3**
  6:15-7:15PM
  RB CT #8, JWC (SEP)

### Tuesday
- **SPIN, L2/3**
  7:30-8:15AM
  RB CT #8, JWC (CATIE)
- **BRUIN BARBELL, H3**
  12:00-1:00PM
  PARDEE GYM, JWC (RYAN & KC)
- **MAT PILATES, M2**
  12:05-12:55PM
  PYRAMID RM, JWC (PETER)
- **AQUA CORE & MORE, M2**
  12:00-1:00PM
  NORTH POOL
- **PILES & CONDITIONING, M2/3**
  4:00-5:00PM
  PYRAMID RM, JWC (CLAIROS)
- **AQUA HIT, H3**
  5:30-6:30PM
  FAMILY POOL, SCRC
- **AGILITY & CONDITIONING, H3**
  5:00-6:00PM
  PARDEE GYM, JWC (SERGIO)
- **TOTAL BODY CHALLENGE L2/3**
  5:10-6:10PM
  PARDEE GYM, JWC (LANNA)

### Wednesday
- **SPIN, L2/3**
  8:00-8:45AM
  RB CT #8, JWC (SEP)
- **TOTAL BODY CIRCUIT, M3, 12:00-1:00PM**
  PARDEE GYM, JWC (SERGIO)
- **DANCE IT OUT & CONDITIONING, M2/3, 12:05-12:55PM**
  PARDEE GYM, JWC (KC)
- **AQUA CORE & MORE, M2**
  12:00-1:00PM
  NORTH POOL
- **PILATES & CONDITIONING, M2/3**
  3:55-4:55PM
  PYRAMID RM, JWC (ISABELLE)
- **TOTAL BODY CHALLENGE, L2/3**
  5:30-6:30PM
  FAMILY POOL, SCRC
- **AGILITY & CONDITIONING, H3**
  5:10-6:10PM
  PARDEE GYM, JWC (SERGIO & HUMBERTO)

### Thursday
- **MAT PILATES, M2**
  7:00-8:00AM
  PYRAMID RM, JWC (PETER)
- **TOTAL BODY CIRCUIT, M3, 12:00-1:00PM**
  PARDEE GYM, JWC (SERGIO)
- **DANCE IT OUT & CONDITIONING, M2/3, 12:05-12:55PM**
  PARDEE GYM, JWC (KC)
- **WET WORKOUT, L2**
  12:10-1:10PM
  PARK POOL, SCRC
- **ZUMBA, M2**
  12:00-1:00PM
  RB CT #8, JWC (LORENA)
- **AQUA HIT, H3**
  5:30-6:30PM
  FAMILY POOL, SCRC
- **TOTAL BODY CHALLENGE, L2/3**
  5:00-6:00PM
  PARDEE GYM, JWC (MADELYN)
- **BOOTY KICKIN’ BARRE, M2/3**
  5:10-6:10PM
  PARDEE GYM, JWC (OLIVIA)
- **TOTAL BODY CHALLENGE L2/3**
  6:25-7:25PM
  PARDEE GYM (VIKRAM)

### Friday
- **H.I.I.T, M3**
  12:00-1:00PM
  PARDEE GYM, JWC (SERGIO)
- **ZUMBA, M2**
  12:05-12:55PM
  PYRAMID RM, JWC (DARLENE)
- **WET WORKOUT, L2**
  12:10-1:10PM
  PARK POOL, SCRC
- **YOGA BARRE, L2/3**
  4:00-5:00PM
  GOLD RM, JWC (ISABELLE)
- **BOOTCAMP FUN, M2/3**
  5:30-6:45PM
  PYRAMID RM, JWC (CYNTHIA)

### Saturday
- **STEP 45/30/15, M3**
  9:45-11:15AM
  PYRAMID RM, JWC (KATIE/GLENNA)

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### 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.