

GroupX SUMMER A 2018

JUNE 25 - AUGUST 5

NO CLASSES 7/4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (DANNY)	SPIN, L2/3 7:30-8:15AM RB CT #8, JWC (CATIE)	SPIN, L2/3 8:00-8:45AM RB CT #8, JWC (SEP)	MAT PILATES, M2 7:00-8:00AM PYRAMID RM, JWC (PETER)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (KC)	STEP 45/30/15, M3 9:45-11:15AM PYRAMID RM, JWC (KATIE/GLENNA)
DANCE IT OUT & CONDITIONING, M2/3 12:05-12:55PM PYRAMID RM, JWC (IKU)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	TOTAL BODY CIRCUIT, M3, 12:00-1:00PM, PARDEE GYM, JWC (KC)	SPIN, L2/3 7:30-8:15AM RB CT #8, JWC (CATIE)	ZUMBA, M2 12:05-12:55PM PYRAMID RM, JWC (DARLENE)	
WET WORKOUT, L2 12:10-1:10PM PARK POOL, SCRC	MAT PILATES, M2 12:05-12:55PM PYRAMID RM, JWC (PETER)	DANCE IT OUT & CONDITIONING, M2/3, 12:05-12:55PM PYRAMID RM, JWC (MANDY)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	WET WORKOUT, L2 12:10-1:10PM PARK POOL, SCRC	
GUTS, BUTTS & THIGHS, M2/3 5:15-6:15PM PYRAMID RM, JWC (EMILY)	AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL	WET WORKOUT, L2, 12:10-1:10PM PARK POOL, SCRC	TOTAL BODY CHALLENGE L2 12:05-12:55PM PYRAMID RM, JWC (EDWARD)	YOGA BARRE, L2/3 4:00-5:00PM GOLD RM, JWC (ISABELLE)	
TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)	PILATES & CONDITIONING, M2/3 4:00-5:00PM PYRAMID RM, JWC (CLAIRE)	ZUMBA, M2 5:15-6:15P PYRAMID RM, JWC (LAURA)	AQUA CORE & MORE M2 12:00-1:00PM NORTH POOL	BOOTCAMP FUN, M2/3 5:30-6:45PM PYRAMID RM, JWC (CYNTHIA)	
SPIN, L2/3 6:15PM-7:15, RB CT #8, JWC (LORENA)	AQUA HIT, H3 5:30-6:30PM FAMILY POOL, SCRC	TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)	PILATES & CONDITIONING, M2/3 3:55-4:55PM PYRAMID RM, JWC (CLAIRE)		
TOTAL BODY CIRCUIT, M2/3 6:30-7:30PM PARDEE GYM, JWC (VIKRAM)	TOTAL BODY CHALLENGE L2/3 5:10-6:10PM PYRAMID RM, JWC (GLENNA)	GUTS, BUTTS, & THIGHS, L2/3 6:20-7:20PM PYRAMID RM, JWC (EMILY)	AQUA HIT, H3 5:30-6:30PM FAMILY POOL, SCRC		
BOLLYPOP, M2 6:25-7:25PM PYRAMID RM, JWC (AAKANSHA)	BOOTY KICKIN' BARRE, M2 5:10-6:10PM GOLD RM, JWC (CASEY)	SPIN, L2/3 6:15-7:15PM RB CT #8, JWC (LORENA)	TOTAL BODY CHALLENGE, L2/3 5:00-6:00PM PYRAMID RM, JWC (JACKELYN)		
	SPIN, L2/3 6:30-7:15PM RB CT #8, JWC (GLENNA)	TOTAL BODY CHALLENGE, L2/3 6:25-7:25PM PARDEE GYM (VIKRAM)	BOOTY KICKIN' BARRE, M2/3 5:10-6:10PM GOLD RM, JWC (CLAIRE)		
	ZUMBA AFRO, M2 6:20-7:20PM PYRAMID ROOM, JWC (EJIRO)		BOLLYPOP, M2 6:25-7:25PM PYRAMID RM, JWC (AAKANSHA)		
	BRUIN BARBELL & CONDITIONING H3 6:30-7:40PM PARDEE GYM, JWC (OLIVIA)		TOTAL BODY CIRCUIT, M2/3 6:30-7:30PM PARDEE GYM, JWC (EDWARD)		
			SPIN, L2/3 7:00-7:45PM RB CT #8, JWC (CLAIRE)		

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 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.