

# GroupX SUMMER C 2018

AUGUST 6 - SEPTEMBER 16

NO CLASSES 9/3

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 COURT #8, JWC (CATIE)	SPIN, L2/3 7:30-8:15AM 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)	GUTS, BUTTS & THIGHS, M2 8:30-9:30AM PYRAMID RM, JWC (CATIE)	TOTAL BODY CIRCUIT M3 12:00-1:00PM PARDEE GYM, JWC (KC)	SPIN, L2/3 7:30-8:15AM RB COURT #8, JWC (CATIE)	ZUMBA, 12:05-12:55PM M2 PYRAMID RM, JWC (MEGHAN)	
BOOTY KICKIN' BARRE, M2 12:00-1:00PM GOLD RM, JWC (CASEY)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	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	
WET WORKOUT, L2, 12:10-1:10PM PARK POOL, SCRC	MAT PILATES, M2 12:05-12:55PM PYRAMID RM, JWC (PETER)	WET WORKOUT, L2, 12:10-1:10PM PARK POOL, SCRC	TOTAL BODY CHALLENGE L2, 12:05- 12:55PM PYRAMID RM, JWC (TBA)	YOGA BARRE, L2/3 4:00-5:00PM GOLD RM, JWC (ISABELLE)	
GUTS, BUTTS & THIGHS, M2/3 5:15-6:15PM PYRAMID RM, JWC (EMILY)	AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL	ZUMBA, M2 5:15-6:15PM PYRAMID RM, JWC (LAURA)	BOOTY KICKIN' BARRE, M2 12:00-1:00PM GOLD RM, JWC (CASEY)	BOOTCAMP FUN, M2/3 5:30-6:45PM PYRAMID RM, JWC (CYNTHIA)	
TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)	PILATES & CONDITIONING, M2/3 4:00-5:00PM PYRAMID RM, JWC (CLAIRE)	TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)	AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL		
TOTAL BODY CIRCUIT, M2/3 6:30-7:30PM PARDEE GYM, JWC (VIKRAM)	AQUA HIT, H3 5:30-6:30PM FAMILY POOL, SCRC	GUTS, BUTTS, & THIGHS, L2/3 6:20-7:20PM PYRAMID RM, JWC (EMILY)	PILATES & CONDITIONING, M2/3 3:55-4:55PM PYRAMID RM, JWC (CLAIRE)		
BOLLYPOP, M2 6:25-7:25PM PYRAMID RM, JWC (AAKANSHA)	TOTAL BODY CHALLENGE L2/3 5:10-6:10PM PYRAMID RM, JWC (GLENNA)		AQUA HIT, H3 5:30-6:30PM FAMILY POOL, SCRC		
	BOOTY KICKIN' BARRE, M2 5:10-6:10PM GOLD RM, JWC (CASEY)		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)		BOOTY KICKIN' BARRE, M2 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)		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](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.