**GroupX & Yoga**  
**INTERIM SUMMER SCHEDULE**  
**SEPTEMBER 17 - SEPTEMBER 26**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| H.I.I.T M3  
12:00-1:00PM  
PARDEE GYM  
JWC (DANNY) | SPIN  
L2/3  
7:30-8:15AM  
STUDIO 2314  
JWC (SEP) | H.I.I.T M3  
12:00-1:00PM  
PARDEE GYM  
JWC (KC) | SPIN  
L2/3  
7:30-8:15AM  
STUDIO 2314  
JWC (SEP) | TOTAL BODY CIRCUIT M3  
12:00-1:00PM  
PARDEE GYM  
JWC (KC) |
| DANCE IT OUT & CONDITIONING M2/3  
12:05-12:55PM  
PYRAMID RM, JWC (MANDY) | TOTAL BODY CIRCUIT M3  
12:00-1:00PM  
PARDEE GYM  
JWC (KC) | ZUMBA  
M2  
5:15-6:15PM  
PYRAMID RM, JWC (LAURA) | BRUIN BARBELL  
H3  
12:00-1:00PM  
PARDEE GYM  
JWC (KC) | ZUMBA  
12:05-12:55PM  
M2  
PYRAMID RM, JWC (MEGHAN) |
| YOGA & BEGINNER FUNDAMENTALS L1  
4:00-5:00PM  
DYNASTY RM, JWC (MARCO) | TOTAL BODY CIRCUIT M3  
12:00-1:00PM  
PARDEE GYM  
JWC (KC) | GUTS, BUTTS, & THIGHS L2/3  
6:20-7:20PM  
PYRAMID RM, JWC (EMILY) | PILATES & CONDITIONING M2/3  
3:55-5:55PM  
PYRAMID RM, JWC (CLAIRE) | MIX TAPE YOGA & CHILL L1/2  
5:00-6:30PM  
DYNASTY RM, JWC (MARCO) |
| MIX TAPE YOGA & CHILL L1/2  
5:00-6:30PM  
DYNASTY RM, JWC (MARCO) | PILATES & CONDITIONING M2/3  
4:00-5:00PM  
PYRAMID RM, JWC (CLAIRE) | CORE YOGA FLOW L2/3  
4:30-5:45PM  
DYNASTY RM, JWC (ANIA) | BOOTY KICKIN’ BARRE M2  
5:10-6:10PM  
GOLD RM, JWC (CLAIRE) | BOOTCAMP FUN M2/3  
5:30-6:45PM  
PYRAMID RM, JWC (CYNTHIA) |
| GUTS BUTTS & THIGHS L2/3  
5:15-6:15PM  
PYRAMID RM, JWC (EMILY) | CORE YOGA FLOW L2/3  
4:30-5:45PM  
DYNASTY RM, JWC (ANIA) | TOTAL BODY CHALLENGE L2/3  
5:10-6:10PM  
PYRAMID RM, JWC (GLENNA) | SPIN  
L2/3  
6:30-7:15PM  
STUDIO 2314  
JWC (CLAIRE) |  |
| CORE YOGA FLOW L1/2  
6:35-7:35PM  
DYNASTY RM, JWC (ISABELLE) | SPIN  
L2/3  
6:30-7:15PM  
STUDIO 2314  
JWC (GLENNA) | BOLLYPOP M2  
6:25-7:25PM  
PYRAMID RM, JWC (AAKANSHA) |  |  |

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**Get Started with a Fitness Pass**

Summer or Fall Fitness or Yoga Pass Required  
Cost: $35/quarter  
Get your Fitness Pass at the John Wooden Center, 1st floor, Sales & Cashiering.

**Choose Your Workout**

<table>
<thead>
<tr>
<th>Complexity of Choreography</th>
<th>Exercise Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>L Low</td>
<td>1 Low</td>
</tr>
<tr>
<td>M Medium</td>
<td>2 Medium</td>
</tr>
<tr>
<td>H High</td>
<td>3 High</td>
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</tbody>
</table>

**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.

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*REV: 9/05/18  
*SEE CLASS DESCRIPTIONS FOR SPIN SIGN UP PROCEDURES.*