# K-FIT Summer A 2018

**JUNE 25 - AUGUST 5**

Unlimited access to all KREC fitness and yoga classes. Only $45 per quarter.

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### Monday
- **TOTAL BODY SWEAT, M2**
  - 5:10-6:10PM
  - KREC STUDIO
  - (JONATHAN)
- **ZUMBA, M3**
  - 6:15-7:15PM
  - KREC STUDIO
  - (SUNVEER)
- **CORE YOGA FLOW, L1/2**
  - 7:20-8:35PM
  - KREC STUDIO
  - (SOPHIA)

### Tuesday
- **BARRE WITHOUT THE BARRE, M2/3**
  - 5:30-6:30PM
  - KREC STUDIO
  - (CLAIRE)
- **SPIN & CORE, L2/3**
  - 6:45-7:45PM
  - KREC STUDIO
  - (CLAIRE)
- **TOTAL BODY CONDITIONING, L2/3**
  - 7:00-8:00AM
  - KREC STUDIO
  - (JONATHAN)

### Wednesday
- **SPIN, L2/3**
  - 6:00-6:45AM
  - KREC STUDIO
  - (JONATHAN)
- **TOTAL BODY SWEAT, M2**
  - 6:15-7:15PM
  - KREC STUDIO
  - (JONATHAN)
- **YOGA FLOW L1/2**
  - 7:20-8:35PM
  - KREC STUDIO
  - (EJIRO)

### Thursday
- **BOLLYPOP, M2**
  - 6:15-7:15PM
  - KREC STUDIO
  - (CHRISTINA)
- **SPIN, L2**
  - 7:30-8:15PM
  - KREC STUDIO
  - (LORENA)
- **TOTAL BODY SWEAT, M2**
  - 6:15-7:15PM
  - KREC STUDIO
  - (JONATHAN)
- **HIP HOP DANCE FITNESS, M2**
  - 5:10-6:10PM
  - KREC STUDIO
  - (EJIRO)
- **TOTAL BODY SWEAT, M2**
  - 6:15-7:15PM
  - KREC STUDIO
  - (JONATHAN)
- **ASHTANGA YOGA, M2**
  - 9:00-10:30AM
  - KREC STUDIO
  - (ANIA)

### Saturday
- **SPIN & CORE, L2/3**
  - 6:45-7:45PM
  - KREC STUDIO
  - (CLAIRE)
- **ZUMBA, M2**
  - 7:55-8:55PM
  - KREC STUDIO
  - (EJIRO)
- **ASHTANGA YOGA, M2**
  - 9:00-10:30AM
  - KREC STUDIO
  - (ANIA)

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**Get Started with a K-FIT Pass**

Unlimited access to all yoga and fitness classes at KREC.

Cost: $45/quarter

Get your K-FIT Pass at KREC or the John Wooden Center, 1st floor, Sales & Cashiering.

**Choose Your Workout**

Complexity of Choreography/Movement

- L Low
- M Medium
- H High

Exercise Intensity

- 1 Low
- 2 Medium
- 3 High

**Find More Information**

Check [www.recreation.ucla.edu/krec](http://www.recreation.ucla.edu/krec) 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. Bring your own yoga mat for yoga classes.

If you would like to reserve your spot in class go to: [http://bit.ly/kfitpass](http://bit.ly/kfitpass) and create an account.

*SEE CLASS DESCRIPTIONS FOR SPIN SIGN UP PROCEDURES.*