

K-FIT SUMMER A 2018

JUNE 25 - AUGUST 5

NO CLASSES 7/4

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

Monday	Tuesday	Wednesday	Thursday	Saturday
TOTAL BODY SWEAT, M2 5:10-6:10PM KREC STUDIO (JONATHAN)	BARRE WITHOUT THE BARRE, M2/3 5:30-6:30PM KREC STUDIO, (CLAIRE)	SPIN, L2/3 6:00-6:45AM KREC STUDIO (JONATHAN)	BOLLYPOP, M2 6:15-7:15PM KREC STUDIO (CHRISTINA)	ASHTANGA YOGA, M2 9:00-10:30AM KREC STUDIO (ANIA)
ZUMBA, M3 6:15-7:15PM KREC STUDIO, (SUNVEER)	SPIN & CORE, L2/3 6:45-7:45PM KREC STUDIO (CLAIRE)	TOTAL BODY CONDITIONING, L2/3 7:00-8:00AM KREC STUDIO (JONATHAN)	SPIN, L2 7:30-8:15PM KREC STUDIO (LORENA)	
CORE YOGA FLOW, L1/2 7:20-8:35PM KREC STUDIO (SOPHIA)	ZUMBA, M2 7:55-8:55PM KREC STUDIO, (EJIRO)	HIP HOP DANCE FITNESS, M2 5:10-6:10PM KREC STUDIO (JONATHAN)		
		TOTAL BODY SWEAT, M2 6:15-7:15PM KREC STUDIO (JONATHAN)		
		YOGA FLOW L1/2 7:20-8:35PM KREC STUDIO (DARRIAN)		

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 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> and create an account.

*SEE CLASS DESCRIPTIONS FOR SPIN SIGN UP PROCEDURES.