

# K-FIT SUMMER C 2018

AUGUST 8 - SEPTEMBER 16

NO CLASSES 9/3

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

| Monday   | Tuesday  | Wednesday   | Thursday   | Saturday   |
|--|--|---|--|--|
| TOTAL BODY SWEAT, M2<br>5:10-6:10PM<br>KREC STUDIO<br>(JONATHAN) | TOTAL BODY CHALLENGE, L2/3<br>6:00-6:45AM<br>KREC STUDIO<br>(SERGIO)     | SPIN, L2/3<br>6:00-6:45AM<br>KREC STUDIO<br>(JENNIFER)                    | TOTAL BODY CHALLENGE, L2/3<br>6:00-6:45AM<br>KREC STUDIO<br>(SERGIO) | ASHTANGA YOGA, M2<br>9:00-10:30AM<br>KREC STUDIO<br>(ANIA) |
| ZUMBA, M3<br>6:15-7:15PM<br>KREC STUDIO,<br>(SUNVEER)            | BARRE WITHOUT THE BARRE, M2/3<br>5:30-6:30PM<br>KREC STUDIO,<br>(CLAIRE) | TOTAL BODY CONDITIONING, L2/3<br>7:00-8:00AM<br>KREC STUDIO<br>(JENNIFER) | BOLLYPOP, M2<br>6:15-7:15PM<br>KREC STUDIO<br>(CHRISTINA)            |  |
| CORE YOGA FLOW, L1/2<br>7:20-8:35PM<br>KREC STUDIO<br>(CAITH)    | SPIN & CORE, L2/3<br>6:45-7:45PM<br>KREC STUDIO<br>(CLAIRE)              | HIP HOP DANCE FITNESS, M2<br>5:10-6:10PM<br>KREC STUDIO<br>(JONATHAN)     | SPIN, L2<br>7:30-8:15PM<br>KREC STUDIO<br>(LORENA)                   |  |
|  | ZUMBA, M2<br>7:55-8:55PM<br>KREC STUDIO,<br>(EJIRO)                      | TOTAL BODY SWEAT, M2<br>6:15-7:15PM<br>KREC STUDIO<br>(JONATHAN)          |  |  |
|  |  | YOGA FLOW L1/2<br>7:20-8:35PM<br>KREC STUDIO<br>(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](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> and create an account.

\*SEE CLASS DESCRIPTIONS FOR SPIN SIGN UP PROCEDURES.