

K-FIT

SPRING 2018

APRIL 2 - JUNE 10

NO CLASSES 5/26-5/28

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL BODY SWEAT, M2 5:10-6:10PM KREC STUDIO (JONATHAN)	TOTAL BODY CHALLENGE, L2/3 6:00-6:45AM KREC STUDIO (SERGIO)	*SPIN, L2/3 6:00-6:45AM KREC STUDIO (JENNIFER H)	TOTAL BODY CHALLENGE, L2/3 6:00-6:45AM KREC STUDIO (SERGIO)	CHILLAX RESTORATIVE YOGA, L1/2 7:15-8:30PM KREC STUDIO (MARCO)	ASHTANGA YOGA, M2 9:00-10:30AM KREC STUDIO (ANIA)
PLYOJAM M3 6:15-7:15PM KREC STUDIO (AMY)	BARRE WITHOUT THE BARRE, M2/3 5:30-6:30PM KREC STUDIO (CLAIRE)	TOTAL BODY CHALLENGE, L2/3 7:00-8:00AM KREC STUDIO (JENNIFER H)	YOGA SCULPT, M2/3 5:10-6:10PM KREC STUDIO (CARINA)		
YOGA, L1/2 7:20-8:35PM KREC STUDIO (DARRIAN)	*SPIN & CORE, L2/3 6:45-7:45PM KREC STUDIO (CLAIRE)	HIP HOP DANCE FITNESS, M2 5:10-6:10PM KREC STUDIO (JONATHAN)	BOLLYPOP, M2 6:15-7:15PM KREC STUDIO (CHRISTINA)		
	ZUMBA, M2 7:50-8:50PM KREC STUDIO (EJIRO)	TOTAL BODY SWEAT, M2 6:15-7:15PM KREC STUDIO (EDWARD)	*SPIN, L2 7:30-8:15PM KREC STUDIO (LORENA)		
		YOGA, 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.

ASHTANGA YOGA

A system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. It links the breath with a set series of progressive postures or asanas. It is commonly known as the “original power yoga.”

BARRE WITHOUT THE BARRE BALLET

inspired floor exercises, mat pilates, and traditional exercise combine for an effective workout for the lower body and the core.

BOLLYPOP

is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one’s dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

CHILLAX –RESTORATIVE YOGA

Restorative Yoga brings about healing and balance to the body’s systems as we tune into the subtle energies within us. With an emphasis on relaxation, these postures are held for an extended time and supported by props for a deeper and more relaxing experience.

HIP HOP GROOVE & CORE

Non-stop to popular hip-hop music and DJ sets with easy to learn hip-hop routines, followed by core conditioning exercises, and a total body stretch.

PLYOJAM®

is a cardio-dance fitness class combining plyometrics and fun dance choreography. This interval inspired workout is set to today’s hottest new music and will leave you energized, confident and drenched in sweat!

SPIN

This instructor led group cycling class will give you an intense cardiovascular workout that will improve both endurance and power. Featuring bikes with personal power meters and a fully integrated training system from Stages – the gold standard in Indoor Cycling.

To take spin classes you must create a Stages Flight account at www.stagesflight.com. KREC location is kk470.

To sign up for a class, you must book a bike. Go to www.stagesflight.com or use the App, click “book”, pick a bike, add phone number or select unregistered and you’re ready to RIDE!

You can sign up for classes 24 hours in advance. If you cannot attend, please cancel your bike. Three “no shows” and you forfeit the opportunity to sign up in advance. Didn’t have a chance to sign up in advance? No problem. Just come to class to see if there’s space. All participants must show appropriate Activity Pass at class. Spin & Core saves time at the end for some Abs!

TOTAL BODY CHALLENGE / TOTAL BODY SWEAT

A total body strength training/anaerobic class using weights, TRX, tubes, bands, balls and your own body for resistance. Get strong and have fun!

YOGA

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA SCULPT

Power yoga flow, plus moderate weight lifting, and cardio conditioning. Let’s sweat!

ZUMBA®

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more.