

# GroupX

# SPRING 2018

## APRIL 2 - JUNE 10

NO CLASSES 5/26-5/28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (SERGIO)	SPIN*, L2/3 7:30-8:15AM STUDIO 2314, JWC (CATIE)	SPIN*, L2/3 7:30-8:15AM STUDIO 2314, JWC (SEP)	MAT PILATES, M2 7:00-8:00AM PYRAMID RM, JWC (PETER)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (SERGIO)	STEP 45/30/15, M3 9:45-11:15AM PYRAMID RM, JWC (KATIE/GLENNA)
DANCE IT OUT & CONDITIONING, M2/3 12:00-1:00PM PYRAMID RM, JWC (IKU)	GUTS, BUTTS & THIGHS, M2 8:30-9:30AM PYRAMID RM, JWC (CATIE)	TOTAL BODY CIRCUIT M3 12:00-1:00PM PARDEE GYM, JWC (KC)	SPIN*, L2/3 7:30-8:15AM STUDIO 2314, JWC (CATIE)	ZUMBA, M2 12:00-1:00PM PYRAMID RM, JWC (AYLIN)	SPIN*, L2/3 11:30-12:15PM STUDIO 2314, JWC (KATIE/LORENA)**
BOOTY KICKIN' BARRE, M2 12:00-1:00PM GOLD RM, JWC (CASEY)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	DANCE IT OUT & CONDITIONING, M2/3 12:00-1:00PM PYRAMID RM, JWC (MANDY)	TOTAL BODY SWEAT, M2/3 8:30-9:30AM PYRAMID RM, JWC (JONATHAN)	WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC	
WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC	MAT PILATES, M2 12:00-1:00PM PYRAMID RM, JWC (PETER)	WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	YOGA BARRE, L2/3 4:00-5:00PM GOLD RM, JWC (ISABELLE)	
GUTS, BUTTS & THIGHS, M2/3 5:15-6:15PM PYRAMID RM, JWC (ANDREW)	AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL	SPIN*, L2/3 4:10-4:55PM STUDIO 2314, JWC (ELISA)	TOTAL BODY CHALLENGE L2 12:00-1:00PM PYRAMID RM, JWC (SERGIO)	BOOTCAMP FUN, M2/3 5:30-6:45PM PYRAMID RM, JWC(CYNTHIA)	
TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)	PILATES & CONDITIONING, M2/3 4:00-5:00PM PYRAMID RM, JWC (CLAIRE)	ZUMBA, M2 5:15-6:15PM PYRAMID RM, JWC (LAURA)	BOOTY KICKIN' BARRE, M2 12:00-1:00PM GOLD RM, JWC (CASEY)		
SPIN*, L2/3 5:30-6:15PM STUDIO 2314, JWC (LIZ)	AGILITY & CONDITIONING, H3 5:00-6:00PM PARDEE GYM, JWC (SERGIO)	TAE BO, M3 5:25-6:25PM PARDEE GYM, JWC (BILLY BLANKS)	AQUA CORE & MORE, M2 12:00-1:00PM NORTH POOL		
TOTAL BODY CIRCUIT, M2/3 6:30-7:30PM PARDEE GYM, JWC (VIKRAM)	TOTAL BODY CHALLENGE L2/3 5:10-6:10PM PYRAMID RM, JWC (GLENNA)	GUTS, BUTTS, & THIGHS, L2/3 6:20-7:20PM PYRAMID RM, JWC (EMILY)	PILATES & CONDITIONING, M/32 3:55-4:55PM PYRAMID RM, JWC (CLAIRE)		
ZUMBA, M2 7:30-8:30PM PYRAMID RM, JWC (MILLY)	BOOTY KICKIN' BARRE, M2 5:30-6:30PM GOLD RM, JWC (CASEY)	STRONG BY ZUMBA, M3,6:30-7:30PM PARDEE GYM, JWC (VANESSA)	TOTAL BODY CHALLENGE, L2/3 5:00-5:55PM PYRAMID RM, JWC (JACKELYN)		
	SPIN*, L2/3 6:30-7:15PM STUDIO 2314, JWC (GLENNA)	SPIN*, L2/3 7:15-8:00PM STUDIO 2314, JWC (LORENA)	AGILITY & CONDITIONING, H3 5:10-6:10PM PARDEE GYM, JWC (SERGIO & HUMBERTO)		
	AFRO VIBE, M2 6:20-7:20PM PYRAMID ROOM, JWC (ZEN)		BOOTY KICKIN' BARRE, M2/3 5:30-6:30PM GOLD RM, JWC (CLAIRE)		
	BRUIN BARBELL & CONDITIONING H3 6:30-7:40PM PARDEE GYM, JWC (OLIVIA)		POUND, M2 6:15-7:15PM PYRAMID RM, JWC (VANESSA)		
	STRONG BY ZUMBA, M2 7:25-8:25PM PYRAMID RM, JWC (AYLIN)		TOTAL BODY CIRCUIT, M2/3 6:30-7:30PM PARDEE GYM, JWC (EDWARD)		
	AQUA H.I.T., L2, 5:30-6:30PM FAMILY POOL, SCRC		SPIN*, L2/3 7:00-7:45PM STUDIO 2314, JWC (CLAIRE)		
			BOLLYPOP, M2 7:25-8:25PM PYRAMID RM, JWC (AAKANSHA)		
			AQUA H.I.T., L2, 5:30-6:30PM FAMILY POOL, SCRC		

### Get Started with a Fitness Pass

All Group Exercise classes require a Fitness Pass.

Unlimited use for one quarter.

Cost: \$35/quarter

Get your Fitness Pass at the John Wooden Center, 1st floor, Sales & Cashiering.

### Choose Your Workout

Complexity of Choreography

**L** Low **M** Medium **H** High

Exercise Intensity

**1** Low **2** Medium **3** High

### 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.

# ● ● GROUPX WORKOUT DESCRIPTIONS\*

## AGILITY & CONDITIONING

Get a great cardiovascular conditioning workout. Improve your agility or ability to change direction with various conditioning drills.

## AFRO VIBE

Afro Vibe is a cardio dance workout combined with standing strength and conditioning choreography. This squat based format integrates choreography from Africa, the Middle East, the Caribbean and Brazil to a variety of music including Afro-Jazz, Samba, Soca, Raggamuffin, traditional drumming and much more.

## BOLLY POP

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!

## BOOTCAMP FUN

Get ready for a challenging total body workout. Cardio intervals sports conditioning core conditioning kickboxing muscular conditioning- plan on it all. Workout may even venture outdoors.

## BOOTY KICKIN' BARRE

This workout uses your own body weight and a wall mounted ballet barre to develop long dancer-like muscles. "It's a kick" for the midline glutes and legs.

## DANCE IT OUT®

A high energy dance cardio workout celebrating a variety of styles and music! From Hip Hop to Bollywood, Disco, Broadway, African, Russian, Pop, Jive, Swing, Mambo and more you'll learn to dance and build your stamina while having a blast! Dance it Out® Hip Hop primarily focuses on hip hop routines.

## DANCE IT OUT & CONDITIONING

Alternate between fun dance cardio choreography and total body conditioning with weights. A great workout for cardio and strength all in one hour.

## GUTS, BUTTS & THIGHS

This class targets conditioning for the midline, legs and glutes for an amazing workout utilizing a variety of equipment.

## H.I.I.T. HIGH INTENSITY INTERVAL TRAINING

This is the class for those of you who want to work hard and learn new skills. Perform multi-joint compound bodyweight movements and utilize a variety of equipment that challenges every muscle in your body. Kick your training up a notch and join the fun.

## BRUIN BARBELL

Classes incorporate the use of barbells to perform advanced lifts to increase strength, power, mobility and overall work capacity. Participants must be familiar with the following lifts (or take the Intro to Barbell class listed below): Deadlift, Front Squat, Hang Power Cleans, Overhead Press, Push Press, Push Jerk, and Snatch. Conditioning adds a short high intensity cardio segment at the end of class. Mobility adds an extended mobility period.

## INTRO TO BARBELL

Class introduces the lifts performed in the Bruin Barbell classes above and is strongly encouraged for participation in the Bruin Barbell workouts. Sign up at [www.recreation.ucla.edu/register](http://www.recreation.ucla.edu/register) or show up on the first day of the section to see if there's space. Check below for dates and times.

## MAT PILATES

Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture.

## PILATES AND CONDITIONING

This class will challenge your entire body with great attention to the core. Excellent for improving posture, flexibility, and overall strength.

## PLYOJAM®

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!

## POP DIVA WORKOUT®

This awesome dance cardio workout will inspire you to get in great shape while rocking out to your favorite pop hits. Learn fun easy to follow choreography to each song and dance your heart out for an hour of pop diva bliss.

## POUND

Rock out! Work out! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements

## 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](http://www.stagesflight.com). JWC location is RA093.**

**To sign up for a class, you must book a bike. Go to [www.stagesflight.com](http://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!

## STEP 30/20/10 35/30/10 45/35/10

First number denotes the minutes of cardio on the step the 2nd number denotes the time spent strength training and the 3rd number denotes the time spent stretching. All three equal a balanced total body workout.

## TAE BO®

A total body cardio-martial arts workout incorporating a fusion of Taekwondo and Boxing techniques developed and made famous by Billy Blanks. An excellent workout for building mind-body stamina and strength.

## U-JAM FITNESS®

A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

## TOTAL BODY CHALLENGE / TOTAL BODY SWEAT

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

## TOTAL BODY CIRCUIT

You're on the clock in this workout! This timed circuit class uses time efficiently - alternating exercises and maximizing work to rest ratios for a transformative total body workout!

## WET WORKOUT AQUA BOOTCAMP SHALLOW WATER AEROBICS

Deep-water exercise classes are beneficial to exercisers at any fitness level. Suspended in deep water with a flotation belt or water buoy deep-water exercise gives you the benefits of muscle conditioning aerobics and flexibility in a non-impact workout. The class format will differ between instructors.

Aqua Bootcamp kicks deep water exercise up a notch. Shallow Water Aerobics is a high energy full-body workout incorporating rapid variations of movement patterns that work all the major muscle groups in a bootcamp-style. You will walk jog and bounce your way across the pool traveling the lane and performing various exercises along the way.

## ZUMBA®

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

## STRONG BY ZUMBA®

Music is the ultimate motivator. It pushes you through your workout, through one last rep - and then one more. Knowing how powerful the effect of music is on a workout, the folks at Zumba synced high intensity moves to a beat? Jumps, lunges, burpees, squats – all to a beat! Moving in sync with music made students consistently push themselves past their limits and meet their goals faster. Now, you can too!

## YOGA BARRE

Yoga flow and ballet movement at the barre with a focus on core strength for a lean sculpted body. Athletes of all levels are welcome..

## PROGRESSIVE INSTRUCTIONAL CLASSES

Sign-up for the following progressive instructional classes at [www.recreation.ucla.edu/register](http://www.recreation.ucla.edu/register). These classes are not included with the Fitness Pass.

Barbell - Olympic Lifts (INT)	INT	MW	4/9/18	5/30/18	9:35 AM	10:50 AM	NW Corner	Drake	\$55	Elizabeth
Barbell - Power Lifts (INT)	INT	TuTh	4/10/18	5/31/18	9:35 AM	10:50 AM	NW Corner	Drake	\$55	Nate
Intro To Barbell (BEG)	Beg	MW	4/9/18	5/30/18	8:30 AM	9:30 AM	NW Corner	Drake	\$55	Elizabeth
Intro To Barbell (BEG)	Beg	TuTh	4/10/18	5/31/18	8:30 AM	9:30 AM	NW Corner	Drake	\$55	Nate
Intro to Strength Training	INT	TuTh	4/10/18	5/31/18	4:00 PM	5:00 PM	NW Corner	Drake	\$55	Cindy
Intro to Strength Training	Beg	TuTh	4/10/18	5/31/18	5:00 PM	6:15 PM	NW Corner	Drake	\$55	Cindy
Advanced Barbell	Adv	TuTh	4/10/18	5/31/18	5:15 PM	6:15 PM	Pardee Gym	JWC	\$55	Nolan/Harry

\*Classes vary each quarter