**Summer Fitness**

**GROUPX SUMMER 2019**

**AUGUST 5 - SEPTEMBER 15**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>H.I.I.T, M3, 12:00-1:00PM, PARDEE GYM, JWC (DANNY)</td>
<td>DANCE IT OUT &amp; CONDITIONING, M2/3, 12:00-12:55PM, PYRAMID RM, JWC (IKU)</td>
<td>TOTваL BODY CHALLENGE, M3, 12:00-1:00PM, PARDEE GYM, JWC (PETER)</td>
<td>H.I.I.T, M3, 12:00-1:00PM, PARDEE GYM, JWC (DANNY)</td>
<td>DANCE IT OUT, M2/3, 12:00-1:00PM, PARDEE GYM, JWC (RYAN &amp; KC)</td>
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<td>WET WORKOUT, L2, 12:10-1:10PM, PARK POOL, SCRC</td>
<td>DANCE IT OUT &amp; CONDITIONING, M2/3, 12:00-12:55PM, GOLD RM, JWC (MEGHAN)</td>
<td>DANCE IT OUT &amp; CONDITIONING, M2/3, 12:00-12:55PM, PYRAMID RM, JWC (MANDY)</td>
<td>WET WORKOUT, L2, 12:10-110, PARK POOL, SCRC</td>
<td>YOGA BARRE, L2/3, 4:00-5:00PM, GOLD RM, JWC (ISABELLE)</td>
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<td>DANCE CARDIO PARTY, M2/3, 5:15-6:15PM, PYRAMID RM, JWC (MEGHAN D)</td>
<td>WET WORKOUT, L2, 12:10-1:10PM, PARK POOL, SCRC</td>
<td>AQUA CORE &amp; MORE, M2 12:00-1:00PM NORTH POOL</td>
<td>BRUIN BARBELL, M2, 7:00-8:00AM, PYRAMID RM, JWC (PETER)</td>
<td>BOOTCAMP FUN, M2/3, 5:30-6:45PM, PYRAMID RM, JWC(CYNTHIA)</td>
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<td>CARDIO SPORT, M3, 5:15-6:15PM, PARDEE GYM, JWC (DARIELA &amp; MAYRA)</td>
<td>PILATES &amp; CONDITIONING, M2/3, 4:00-5:00PM, PYRAMID RM, JWC (CLAIRE)</td>
<td>CARDIO SPORT, M3, 5:15-6:15PM, PARDEE GYM, JWC (CLAIRE)</td>
<td>CARDIO SPORT, M3, 5:15-6:15PM, PYRAMID RM, JWC (CLAIRE)</td>
<td>TOTAL BODY CHALLENGE, M3, 5:10-6:10PM, GOLD RM, JWC (ISABELLE)</td>
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<td>GUTS, BUTTS &amp; THIGHS, M2/3, 6:25-7:25PM, PARDEE GYM, JWC (DARIELA)</td>
<td>TOTAL BODY CHALLENGE L2/3, 5:10-6:10PM, PYRAMID RM, JWC (GLENNAS)</td>
<td>PERSIAN CARDIO DANCE, M2, 6:30-7:30PM, PYRAMID RM, JWC (SEP)</td>
<td>TOTAL BODY CHALLENGE, L2/3, 5:10-6:10PM, GOLD RM, JWC (DARIELA)</td>
<td>TOTAL BODY CHALLENGE, M3, 5:10-6:10PM, GOLD RM, JWC (ISABELLE)</td>
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<td>BOOTY KICKIN’ BARRE, M2/3, 5:10-6:10PM, GOLD RM, JWC (GLENNAS)</td>
<td>SPIN, L2/3, 6:30-7:15PM, RB CT #8, JWC (DARIELA)</td>
<td>BOOry KICKIN’ BARRE, M2/3, 5:30-6:45PM, GOLD RM, JWC (OLIVIA)</td>
<td>PLYOJAM, M2, 6:25-7:25PM, PYRAMID RM, JWC (OLIVIA)</td>
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<td>SPIN, L2/3, 6:30-7:15PM, RB CT #8, JWC (DARIELA)</td>
<td>TOTAL BODY CHALLENGE, L2/3, 6:25-7:25PM, PARDEE GYM, JWC (RACHEL)</td>
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<td>TOTAL BODY CHALLENGE, L2/3, 6:25-7:25PM, PARDEE GYM, JWC (RACHEL)</td>
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<td>LA BLAST M2, 6:20-7:20PM, PYRAMID ROOM, JWC (BELICIA)</td>
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<td>TOTAL BODY CHALLENGE, M3, 6:20-7:20PM, PARDEE GYM, JWC (MELNIKAS)</td>
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<td>BARRELL &amp; CONDITIONING H3, 6:20-7:20PM, PARDEE GYM, JWC (MELNIKAS)</td>
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<td>BARRELL &amp; CONDITIONING H3, 6:20-7:20PM, PARDEE GYM, JWC (MELNIKAS)</td>
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**Get Started with a Summer Fitness Pass!**

Unlimited access to all Fitness & Yoga classes

KFIT classes included, must have a KREC membership.

Cost: $49/quarter

Get your Summer 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**
  - L Low
  - M Medium
  - H High

*Spin Classes*

To take spin classes you must create a Stages Flight account and book a bike at [www.stagesflight.com](http://www.stagesflight.com).

JWC location is RA093.

Details on Spin Class signups at: recreation.ucla.edu/groupx.

**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.

**REV: 7/24/19**

**www.recreation.ucla.edu/groupx**