# K-FIT

**FALL 2019**

**SEPTEMBER 26 - DECEMBER 8**

NO CLASSES: 11/9-11/11, AFTER 2PM 11/27, 11/28-12/1

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

<table>
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<th>Monday</th>
<th>Tuesday</th>
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| TOTAL BODY CHALLENGE, M2, 5:20-6:20PM  
KREC STUDIO (MADDIE) | BARRE WITHOUT THE BARRE, M2/3, 5:30-6:30PM  
KREC STUDIO, (CLAIRE) | SPIN, L2/3, 6:00-6:45PM  
KREC STUDIO, (JENNIFER H) | TOTAL BODY CHALLENGE, L2/3, 5:10-6:10PM  
KREC STUDIO, (STEVEN) |
| SPIN, L2/3, 6:30-7:15PM  
KREC STUDIO, (LORENA) | TOTAL BODY CHALLENGE, M2, 6:30-7:15PM  
KREC STUDIO (BRITTNEY) | TOTAL BODY CONDITIONING, L2/3, 7:00-8:00AM  
KREC STUDIO, (JENNIFER H) | SPIN, L2/3, 6:30-7:15PM  
KREC STUDIO, (LORENA) |
| YOGA, L2, 7:35-8:45PM  
KREC STUDIO (DARRIEN) |                                | YOGA FLOW, M3, 5:15-6:15PM  
KREC STUDIO TBA | BOLLYPOP, L2, 7:35-8:25PM  
KREC STUDIO (CHRISTINA) |

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**Choose Your Workout**

Complexity of Choreography  
L Low  M Medium  H High

Exercise Intensity  
1 Low  2 Medium  3 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).

KREC location is kk470.

Details on Spin Class signups at: [recreation.ucla.edu/groupx](http://recreation.ucla.edu/groupx).

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.
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. “Core” adds an intensive abdominal conditioning component. “Conditioning” adds some core and upper body exercises.

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

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

U-JAM DANCE 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.

CORE YOGA FLOW
A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

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 FLOW
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.