AFRO-FUSION DANCE
An upbeat dance-cardio workout that incorporates various African music and movement traditions and styles together for an hour of fun and inspiration. In this class you will develop creative expression, improve rhythm and coordination and increase mobility, strength and flexibility.

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

BARBELLS & BOXING
Class features barbell lifts like the dead lift, front squat, hang power clean, snatch, overhead pressing variations and accessory exercises to increase strength, power, mobility and overall work capacity. Shadow boxing and boxing fitness drills are used for conditioning. No gloves or wraps needed. No impact on bags or mits.

BRUIN BARBELL & CONDITIONING
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.

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, sweat, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

BOOTCAMP CONDITIONING
This class uses a diverse array of equipment and bodyweight exercises to achieve a challenging full body workout. With long intervals and short breaks, this class will truly test your muscular endurance and cardiovascular stamina.

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.

CARDIOSPORT
This class is the most fun you’ll ever have doing cardio! Utilizing athletic based bodyweight movements, running, and agility in a continuous, non-stop format, cardiosport is intense but FUN! This unique class provides the feel of a team and simulates an “in the game like” environment where decision based movements are being made constantly. Excellent for cardio and bodyweight conditioning!

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.

HIP HOP BODY SHOP
Learn fun, easy to follow hip hop routines to your favorite hip hop jams. This dance-cardio class is a non-stop, party-rockin full body workout taught by dance-fitness celebrity, Milo Levell.

HIP HOP GROOVES
Have fun grooving to the latest hip hop hits while learning fun, easy to follow hip hop moves. Open to all levels.

INTRODUCTION TO JUMP ROPE FOR FITNESS
Jump roping is one of the most accessible, affordable and effective conditioning exercises you can do. It is sure to increase your cardiovascular fitness and also improves coordination and agility. Each day, we’ll start with a review of the basics, learn and practice a new skill or trick, and perform a workout of the day. Jumping is a high impact activity and may not be appropriate for some. Participants are encouraged to bring their own jump rope but jump ropes are also available for use.

INTRO TO BARBELL
Class introduces the lifts performed in the Bruin Barbell classes and is strongly encouraged for participation in the Bruin Barbell workouts. Sign up at www.recreation.ucla.edu/register or on the first day of the section to see if there’s space.

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 dance powered plyometric workout to fun, upbeat pop and hip hop jams. This class incorporates high intensity interval training to strengthen your heart and condition your body for a renewed sense of confidence and empowerment. These easy-to-follow dance routines will include some jumping and agility exercises, but modification are provided.

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 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!

STEP 45/35/10 & STEP H.I.I.T.
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. STEP H.I.I.T. keeps the choreography simple for maximum intensity.

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
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 CLASSES
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 Tabata kicks deep water exercise up a notch.

ZUMBA®
A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeaton and more. Zumba Afro emphasizes African styles of dance and music.

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