### Summer Fitness

**GROUPX SUMMER 2019**

**JUNE 24 - AUGUST 4**  
NO CLASSES: 7/4, 7/5, 7/6 AND NO CLASSES IN PARDEE GYM ON 7/3

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>H.I.I.T, M3</td>
<td>DANCE IT OUT &amp; CONDITIONING, M2/3, 12:00-12:45PM, PYRAMID RM, JWC (DANNY)</td>
<td>TOTAL BODY CHALLENGE, M3 12:00-1:00PM, PARDEE GYM, JWC (PETER)</td>
<td>MAT PILATES, M2, 7:00-8:00AM, PYRAMID RM, JWC (KAC)</td>
<td>H.I.I.T, M3 12:00-1:00PM, PARDEE GYM, JWC (DANNY)</td>
<td>STEP &amp; STRETCH, M3 9:45-11:00AM, PYRAMID RM, JWC (KATIE/MAUREEN)</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, 12:00-12:45PM, PYRAMID RM, JWC (IKU)</td>
<td>TOTAL BODY CHALLENGE L2/3, 5:10-6:10PM, PARDEE GYM, JWC (GLENNA)</td>
<td>DANCE IT OUT, M2/3, 12:00-12:45PM, GOLD RM, JWC (MEGHAN D)</td>
<td>DANCE IT OUT AND CONDITIONING, M2/3, 12:00-12:45PM, PYRAMID RM, JWC (IKU)</td>
<td>WET WORKOUT, L2, 12:10-1:10PM, PARK POOL, SCRC</td>
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<tr>
<td>DANCE CARDIO PARTY, M2/3, 5:15-6:15PM, PYRAMID RM, JWC (MEGHAN D)</td>
<td>PILOT &amp; CONDITIONING, M2/3, 4:00-5:00PM, PYRAMID RM, JWC (CLAIRE)</td>
<td>EL BUSTO BARRIL, M2 5:15-6:15PM, PARDEE GYM, JWC (DAVID)</td>
<td>TOTAL BODY CHALLENGE, M3 12:00-1:00PM, PARDEE GYM, JWC (KAC)</td>
<td>PILOT &amp; CONDITIONING, M2/3, 12:00-12:45PM, GOLD RM, JWC (MEGHAN D)</td>
<td>WET WORKOUT, L2, 12:10-1:10PM, PARK POOL, SCRC</td>
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<td>CARDIO SPORT, M3 5:15-6:15PM, PARDEE GYM, JWC (DARIELA &amp; MAYRA)</td>
<td>TOTAL BODY CHALLENGE L2/3, 5:10-6:10PM, PYRAMID RM, JWC (GLENNA)</td>
<td>-booty kickin’ barre, M2, 5:10-6:10PM, GOLD RM, JWC (MEGHAN CROWE)</td>
<td>PERSIAN CARDIO DANCE, M2, 6:30-7:20PM, PYRAMID RM, JWC (SEP)</td>
<td>TOTAL BODY CHALLENGE, M3 12:00-1:00PM, PARDEE GYM, JWC (CLAY)</td>
<td>YOGA BARRE, L2/3, 6:20-7:20PM, GOLD RM, JWC (ISABELLE)</td>
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<td>SPIN*, L2/3, 6:30PM-7:15PM, RB CT #10, JWC (LORENA)</td>
<td>BOOTY KICKIN’ BARRE, M2, 5:15-6:15PM, PARDEE GYM, JWC (GLENNA)</td>
<td>AGILITY &amp; CONDITIONING, H3, 5:15PM-6:15PM, PARDEE GYM, JWC (MEGHAN CROWE)</td>
<td>AGILITY &amp; CONDITIONING, M2, 5:15-6:15PM, PARDEE GYM, JWC (CLAIRE)</td>
<td>AGILITY &amp; CONDITIONING, M2, 5:15-6:15PM, PARDEE GYM, JWC (CLAIRE)</td>
<td>BOOTCAMP FUN, M2/3, 5:30-6:45PM, PYRAMID RM, JWC (CHRISTINA)</td>
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<td>GUTS, BUTTS &amp; THIGHS, L2/3, 6:25-7:25PM, PARDEE GYM, JWC (DARIELA)</td>
<td>AGILITY &amp; CONDITIONING, H3, 5:15PM-6:15PM, PARDEE GYM, JWC (MEGHAN CROWE)</td>
<td>AGILITY &amp; CONDITIONING, M2, 5:15-6:15PM, PARDEE GYM, JWC (CLAY)</td>
<td>TOTAL BODY CHALLENGE L2/3, 5:10-6:10PM, GOLD RM, JWC (MEGHAN CROWE)</td>
<td>TOTAL BODY CHALLENGE, M3 12:00-1:00PM, PARDEE GYM, JWC (CLAY)</td>
<td>FULL BODY CONDITIONING, M2/3, 5:15-6:15PM, GOLD RM, JWC (KATIE/MAUREEN)</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.

### 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).

JWC location is RA093.

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

### Find More Information

Check out [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.

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**SUMMER PASS INCLUDES YOGA**

Only $49 for unlimited classes!