



SUMMER 2024 SCHEDULE

SESSION C | AUGUST 5 – SEPTEMBER 16

NO CLASSES ON 8/31 – 9/2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	BSTRONG INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ROB DRAKE RIG	BSTRONG INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ROB DRAKE RIG	
12:00 PM	BSTRONG: STRENGTH INSTRUCTOR: • ERIK PARDEE GYM		BSTRONG: STRENGTH INSTRUCTOR: • ERIK PARDEE GYM		BSTRONG: STRENGTH INSTRUCTOR: • KC PARDEE GYM
4:00 PM		BSTRONG: STRENGTH INSTRUCTOR: • STEVEN PARDEE GYM			BSTRONG: STRENGTH INSTRUCTOR: • ERIK DRAKE RIG
5:15 PM			BSTRONG: CORE & CONDITIONING INSTRUCTOR: • STEVEN PARDEE GYM		
6:20 PM			BSTRONG: STRENGTH INSTRUCTOR: • STEVEN PARDEE GYM		

Summer 2024 GroupX + BSTRONG Pass

Purchase a Groupx + BSTRONG Pass for \$50 and have access to both Groupx and BSTRONG classes for Summer 2024!

REV: 8/24

*Schedule subject to change. Quarterly BStrong membership (\$50/students, staff, faculty, members) includes participation in GroupX classes for Summer 2024.



recreation.ucla.edu/groupx



SUMMER 2024 SCHEDULE

SESSION A | JUNE 24 – AUGUST 2

NO CLASSES ON 7/4 – 7/7

SESSION C | AUGUST 5 – SEPTEMBER 16

NO CLASSES ON 8/31 – 9/2

Bruin Strong (BStrong) is a goal oriented, progressive strength & conditioning system designed by UCLA's top fitness professionals. This comprehensive fitness program is everything you need: compound resistance training with a variety of equipment including barbells, racks, kettlebells, dumbbells, etc.; power training; plyometrics; conditioning/cardio, core & more! With smaller class sizes, you get the top notch instruction & feedback you'd expect in a personal training session coupled with the energy, enthusiasm & connection of working out in a group. Get STRONG with your fellow Bruins! "Let's go, Bruins! Let's go!"

Your quarterly BStrong membership (\$50/students, staff, faculty, members) allows you to attend any of the BStrong workouts per week. Purchase your pass at bit.ly/bruinstrong and sign up for the classes you want to take each week.

Classes are mixed level, meaning they can be scaled for different fitness levels.

For best results, take 3-5 classes per week.

Balanced sample weekly schedules:

3 x BSTRONG: Strength + 2 x BSTRONG: Core & Conditioning

To view program refund policies go to:

recreation.ucla.edu/member-services

CLASS DESCRIPTIONS:

BSTRONG: STRENGTH

This class features compound strength exercises (main lifts like dead lifts, squats and presses) and isolation/assistance exercises for a comprehensive strength based class.

Typical daily training emphasis is as follows: Mondays (Full Body & Squatting), Tuesdays (Upper Body Pulling), Wednesdays (Full Body & Deadlifting), Thursdays (Upper Body Pushing), Fridays (Full Body and Power Movements).

BSTRONG: CORE & CONDITIONING

Featuring compound strength movements, power exercises, cardio, and core, this class focuses on max conditioning. Taught HIIT or Interval style, this is the cardio to your strength.