



WINTER 2022

JANUARY 31 – MARCH 11

NO CLASS 2/21

****ALL DRAKE CLASSES MOVING TO PARDEE GYM THE WEEK OF 2/8 - 2/12**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	BSTRONG: STRENGTH INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ADRIAN DRAKE RIG	BSTRONG: STRENGTH INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: TOTAL BRUIN INSTRUCTOR: • ADRIAN DRAKE RIG	BSTRONG: STRENGTH INSTRUCTOR: • LALLA DRAKE RIG
12:00 PM	BSTRONG: STRENGTH INSTRUCTOR: • CINDY PARDEE GYM	BSTRONG: TOTAL BRUIN INSTRUCTOR: • KC PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • CINDY PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • KC PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • LALLA PARDEE GYM
4:00 PM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • NATHAN PARDEE GYM	BSTRONG: TOTAL BRUIN (W/LANDMINES) INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: STRENGTH INSTRUCTOR: • RANDY PARDEE GYM	BSTRONG: TOTAL BRUIN (W/LANDMINES) INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: TOTAL BRUIN INSTRUCTORS: • LALLA • LUIS DRAKE RIG
5:15 PM		BSTRONG: TOTAL BRUIN INSTRUCTOR: • NATHAN DRAKE, NW CORNER		BSTRONG: TOTAL BRUIN INSTRUCTOR: • NATHAN PARDEE GYM	
6:30 PM	BSTRONG: STRENGTH INSTRUCTOR: • NATHAN PARDEE GYM	BSTRONG: TOTAL BRUIN INSTRUCTOR: • BRITTNEY PARDEE GYM		BSTRONG: TOTAL BRUIN INSTRUCTOR: • NICOLE PARDEE GYM	



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BSTRONG:

STRENGTH (BStrong) is a goal oriented, progressive strength & conditioning system designed by UCLA's top fitness professionals. This comprehensive fitness program is everything you need: bench marking assessments to track progress, 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 and staff) 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 classes per week.

CLASS DESCRIPTIONS:

BSTRONG: TOTAL BRUIN

This class not only features main lifts and assistance exercises but also adds power training (olympic lift variations, kettlebell swings, plyometrics).

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.

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.