



**SPRING 2021**

**MARCH 29 - JUNE 6**

**NO CLASSES ON MAY 29 - 31**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00 AM</b>	<b>THE TOTAL BRUIN FUNDAMENTALS</b> INSTRUCTORS: • ROB • RAY	<b>THE TOTAL BRUIN</b> INSTRUCTORS: • CINDY • ELIZABETH	<b>THE TOTAL BRUIN FUNDAMENTALS</b> INSTRUCTORS: • ROB • ELIZABETH	<b>THE TOTAL BRUIN</b> INSTRUCTORS: • CINDY • ROB	
<b>4:00 PM</b>	<b>BRUIN STRONG</b> INSTRUCTORS: • DANNY • KEVIN	<b>THE TOTAL BRUIN</b> INSTRUCTORS: • KC • BRITTNEY	<b>BRUIN STRONG</b> INSTRUCTORS: • DANNY • BRITTNEY	<b>THE TOTAL BRUIN</b> INSTRUCTORS: • KC • ELIZABETH	<b>BRUIN STRONG</b> INSTRUCTORS: • JUSTIN • KEVIN
<b>5:30 PM</b>					<b>THE TOTAL BRUIN</b> INSTRUCTORS: • JUSTIN • BRITTNEY
<b>6:30 PM</b>	<b>THE TOTAL BRUIN</b> INSTRUCTORS: • LAURA • DARIELA		<b>BRUIN CONDITIONING &amp; CORE</b> INSTRUCTORS: • JUSTIN • LAURA		
<b>8:00 PM</b>		<b>THE TOTAL BRUIN FUNDAMENTALS</b> INSTRUCTORS: • LIZ • LAURA		<b>THE TOTAL BRUIN FUNDAMENTALS</b> INSTRUCTORS: • LIZ • DARIELA	

**Equipment needed:**

- Dumbbells
- Resistance Tube with handles

**Optional Equipment:**

- Loop/Monster Band
- Jump Rope
- Kettlebell



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You are a Bruin; so, why not train like a Bruin? Train hard and train smart. Train Like a Bruin is a goal oriented, progressive fitness system designed by UCLA's top fitness professionals. This comprehensive fitness program is everything you need: bench marking assessments to track progress, strength & plyometrics, conditioning/cardio, core & more! With smaller class sizes held via zoom led by two coaches, 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 fit with your fellow Bruins! *"Let's go, Bruins! Let's go!"*

Your quarterly TLB membership (\$20/students, \$50/staff, faculty, members) allows you to attend any of the Train Like a Bruin workouts per week. Purchase your pass at [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu) 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. Beginners (those new to exercise) should start with the Total Bruin FUNDAMENTALS and take a minimum of 6 classes prior to moving on to the signature classes.

For best results, take 3 classes per week.

Balanced sample weekly schedules:

### **3 x Total Bruin**

1 x Total Bruin, 1 x Bruin Strength, 1 x Bruin Conditioning & Core

2 x Bruin Strength, 1 x Bruin Conditioning & Core

2 x Total Bruin, 1 x Bruin Conditioning & Core

### **CLASS DESCRIPTIONS:**

#### ***The Total Bruin FUNDAMENTALS***

The Intro breaks down the exercises you'll see featured in the the Train Like a Bruin program and progressively conditions you for the other signature classes. The Intro classes cycle every 4 weeks (1/4 - 1/29 and 2/1 - 2/26). Take 2 INTRO classes per week for 4 weeks for best results. (Recommended for those new to exercise.)

#### ***The Total Bruin***

This signature Train Like a Bruin workout combines compound strength exercises, plyometrics, conditioning & core in a unique, timed system of several exercise blocks. It's the total package. We've got your strength & cardio covered right here!

#### ***Bruin Strong***

This class features power exercises, compound strength movements, and isolation/assistance work for a comprehensive strength only class.

#### ***Bruin Conditioning & Core***

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