



FALL 2022 SCHEDULE

SEPTEMBER 22 – DECEMBER 4

NO CLASSES ON 11/11,
AFTER 1PM ON 11/23, AND 11/24 - 11/27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	BSTRONG: STRENGTH W/ LANDMINES INSTRUCTOR: • ROB DRAKE RIG		BSTRONG: STRENGTH W/ LANDMINES INSTRUCTOR: • ROB DRAKE RIG		
9:00 AM		BSTRONG: CORE & CONDITIONING INSTRUCTOR: • KC DRAKE RIG		THE TOTAL BRUIN INSTRUCTOR: • KC DRAKE RIG	
12:00 PM	BSTRONG: STRENGTH INSTRUCTOR: • CINDY PARDEE GYM	THE TOTAL BRUIN INSTRUCTOR: • KC PARDEE GYM	BSTRONG: STRENGTH INSTRUCTORS: • CINDY PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • KC PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • NATHAN PARDEE GYM
4:00 PM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • NATHAN PARDEE GYM		BSTRONG: STRENGTH INSTRUCTORS: • STEVEN PARDEE GYM		
5:10 PM	BSTRONG: STRENGTH INSTRUCTORS: • NATHAN & JACOB PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • BRENDAN O SHEA PARDEE GYM	BSTRONG: STRENGTH INSTRUCTORS: • EMMA & JACOB PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ETHAN PARDEE GYM	
6:30 PM		THE TOTAL BRUIN INSTRUCTOR: • BRENDAN O SHEA PARDEE GYM		THE TOTAL BRUIN INSTRUCTOR: • ETHAN 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, 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 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

To view program refund policies go to:

recreation.ucla.edu/member-services

CLASS DESCRIPTIONS:

THE 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.