## FALL 2022 SCHEDULE  
**SEPTEMBER 22 – DECEMBER 4**  
NO CLASSES ON 11/11,  
AFTER 1PM ON 11/23, AND 11/24 - 11/27

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 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 |  | |

*Schedule subject to change. Quarterly BStrong membership ($50/students, staff, faculty, members)
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: benchmarking 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.

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