



# SUMMER 2023 SCHEDULE

SESSION C | AUGUST 7 – SEPTEMBER 15

NO CLASSES ON 9/4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ROB & CLARA DRAKE RIG	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • ROB & CLARA DRAKE RIG	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ROB & CLARA DRAKE RIG	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • ROB & CLARA DRAKE RIG	
11:00 AM					<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • KC & RANDY DRAKE RIG
12:00 PM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • ERIK PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • KC & CLARA PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • ERIK PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • KC & CLARA PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • RANDY PARDEE GYM
4:00 PM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • CLARA & EMMA PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • CLARA PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • VAN & CLARA PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • CLARA PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ERIK & STEVEN DRAKE RIG
5:15 PM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • CLARA & EMMA PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • CLARA PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • CLARA PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • CLARA & EMMA PARDEE GYM	
6:30 PM		<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • CLARA PARDEE GYM			



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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](https://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 Bruin Strength + 2 x Bruin Core & Conditioning

To view program refund policies go to:

[recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services)

## **CLASS DESCRIPTIONS:**

### **BRUIN STRONG**

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).

### **BRUIN CONDITIONING & CORE**

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.