



SPRING 2022 SCHEDULE

MARCH 28 – JUNE 3

NO CLASSES ON 5/30

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

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.