



# FALL 2024 SCHEDULE

SEPTEMBER 26 – DECEMBER 8

NO CLASSES ON 11/9 - 11/11, 11/27 AFTER 2 PM, AND 11/28 - 12/1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ROB & JULIAN DRAKE RIG	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • ROB & TRINITY DRAKE RIG	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ROB & JULIAN DRAKE RIG	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • ROB & JULIAN DRAKE RIG	
11:00 AM					<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • KC DRAKE RIG
12:00 PM		<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • STEVEN PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • CARLEIGH PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • TRINITY PARDEE GYM	
4:00 PM		<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • ERIN PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • CARLEIGH PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • ERIN PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ERIK & STEVEN DRAKE RIG
5:15 PM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • SAM PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • ERIN & TROY PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • STEVEN & CARLEIGH PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ERIN & ANTOINETTE PARDEE GYM	
6:15 PM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • SAM PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • ERIN & TROY PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • STEVEN & CARLEIGH PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • TROY & ANTOINETTE 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 BSTRONG: Strength + 2 x BSTRONG: Core & Conditioning

To view program refund policies go to:

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

## **CLASS DESCRIPTIONS:**

### **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.

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).

### **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.