# WINTER 2024 SCHEDULE

JANUARY 8 – MARCH 15

NO CLASSES 1/15 AND 2/19

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>BSTRONG: STRENGTH INSTRUCTORS: • ROB &amp; JULIAN DRAKE RIG</td>
<td>BSTRONG: CORE &amp; CONDITIONING INSTRUCTORS: • ROB &amp; ADRIAN DRAKE RIG</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • ROB DRAKE RIG</td>
<td>BSTRONG: CORE &amp; CONDITIONING INSTRUCTORS: • ROB &amp; ADRIAN DRAKE RIG</td>
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<tr>
<td>11:00 AM</td>
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<td>BSTRONG: STRENGTH INSTRUCTOR: • KC DRAKE RIG</td>
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<tr>
<td>12:00 PM</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • ERIK PARDEE GYM</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • CLARA PARDEE GYM</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • CLARA PARDEE GYM</td>
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<tr>
<td>4:00 PM</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • ERIN PARDEE GYM</td>
<td>BSTRONG: STRENGTH INSTRUCTORS: • CLARA &amp; ERIN PARDEE GYM</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • CLARA PARDEE GYM</td>
<td>BSTRONG: STRENGTH INSTRUCTOR: • ELEANOR PARDEE GYM</td>
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*Schedule subject to change. Quarterly BStrong membership ($50/students, staff, faculty, members)
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 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

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.

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