



FALL 2021

SEPTEMBER 27 – DECEMBER 3

NO CLASSES 11/11, AFTER 2PM ON 11/24, 11/25 – 11/28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	BRUIN STRONG INSTRUCTOR: • ADRIAN DRAKE RIG	BRUIN CONDITIONING & CORE INSTRUCTOR: • ADRIAN DRAKE RIG	BRUIN STRONG INSTRUCTOR: • ADRIAN DRAKE RIG	THE TOTAL BRUIN INSTRUCTOR: • ADRIAN DRAKE RIG	
12:00 PM	BRUIN STRONG INSTRUCTOR: • CINDY PARDEE GYM	THE TOTAL BRUIN INSTRUCTOR: • KC DRAKE RIG	BRUIN STRONG INSTRUCTOR: • CINDY PARDEE GYM	BRUIN CONDITIONING & CORE INSTRUCTOR: • KC DRAKE RIG	BRUIN STRONG INSTRUCTOR: • DANNY DRAKE RIG
4:00 PM	BRUIN CONDITIONING & CORE INSTRUCTOR: • ROB PARDEE GYM	THE TOTAL BRUIN (W/LANDMINES) INSTRUCTORS: • ROB • JEREMIAH DRAKE RIG	BRUIN STRONG INSTRUCTOR: • ROB PARDEE GYM	THE TOTAL BRUIN (W/LANDMINES) INSTRUCTORS: • ROB • JEREMIAH DRAKE RIG	
5:15 PM	BRUIN STRONG INSTRUCTOR: • ROB PARDEE GYM	THE TOTAL BRUIN INSTRUCTORS: • DANNY • NATHAN PARDEE GYM	BRUIN CONDITIONING & CORE INSTRUCTOR: • ROB PARDEE GYM	THE TOTAL BRUIN INSTRUCTORS: • DANNY • NATHAN PARDEE GYM	
6:30 PM		THE TOTAL BRUIN INSTRUCTOR: • BRITTNEY PARDEE GYM		THE TOTAL BRUIN INSTRUCTOR: • BRITTNEY 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: 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 and staff) 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.

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).

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.

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.