



# SUMMER 2022 SCHEDULE

JUNE 21 – SEPTEMBER 9

NO CLASSES ON 7/4 AND 9/5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • ROB DRAKE RIG		<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • ROB DRAKE RIG		
12:00 PM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • CINDY & KC PARDEE GYM	<b>THE TOTAL BRUIN</b> INSTRUCTOR: • KC PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • CINDY & KC PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • KC PARDEE GYM	<b>BSTRONG: STRENGTH</b> INSTRUCTOR: • KC PARDEE GYM
4:00 PM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • LUIS PARDEE GYM	<b>THE TOTAL BRUIN</b> INSTRUCTOR: • ROB & RANDY DRAKE RIG	<b>BSTRONG: STRENGTH</b> INSTRUCTORS: • LUIS PARDEE GYM	<b>THE TOTAL BRUIN</b> INSTRUCTOR: • ROB & LUIS DRAKE RIG	
5:15 PM		<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • LUIS PARDEE GYM		<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTOR: • DAVID & CLARA PARDEE GYM	
6:30 PM		<b>THE TOTAL BRUIN</b> INSTRUCTOR: • LUIS PARDEE GYM	<b>BSTRONG: CORE &amp; CONDITIONING</b> INSTRUCTORS: • STEVEN 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](http://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.