

.. GROUP EXERCISE INTERIM SCHEDULE

SEPTEMBER 6 - SEPTEMBER 21, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
H.I.I.T, M3 12:00-1:00PM PARDEE GYM JWC (SERGIO)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM JWC (RYAN)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM JWC (KC)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM JWC (RYAN)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM JWC (SERGIO)
ZUMBA, M2 12:05-12:50, GOLD RM, JWC (IKU)	MAT PILATES M2, 12:05-12:50PM GOLD RM, JWC (PETER)	DANCE IT OUT & CONDITIONING, H2 12:00-12:55PM PYRAMID RM, JWC (IKU)	TOTAL BODY CHALLENGE L2 12:05-12:50PM PYRAMID RM, JWC (SERGIO)	ZUMBA, M2 12:05-12:50PM GOLD RM, JWC (JANINE)
CORE YOGA FLOW M2/3 12:00-1:00PM PYRAMID RM, JWC (MARJA) *9/12 ONLY BRING YOGA MAT*	BOOTCAMP FUN M2/3 12:00-12:55, PYRAMID RM, JWC (CYNTHIA)	MAT PILATES, M2, 4:00- 5:00PM PYRAMID RM, JWC (PAM)	IFT BARBELL, M3, 5:15-6:15PM PARDEE GYM JWC (NOLAN)	CONDITIONING WITH RINGS & PARALLEL BARS, H3 1-2PM DRAKE (KC)
TOTAL BODY CHALLENGE, L3, 5:10-6:20PM PYRAMID RM, JWC (CYNTHIA)	CORE YOGA FLOW M2/3 5:15-6:15PM PYRAMID RM, JWC (ALYSSA) *9/6 ONLY, BRING YOGA MAT*	SPIN, L2 5:15-6:00PM STUDIO 2314, JWC (CATIE)	YOGA FLOW, M1/2 5:15-6:15PM PYRAMID RM, JWC (JAYDEN) *9/8 ONLY, BRING YOGA MAT*	BOOTCAMP FUN M2/3 5:35-6:50PM PYRAMID RM. JWC (CYNTHIA)
BOOTY KICKIN BARRE, M2/3 5:20-6:20PM GOLD RM, JWC (ANDREW)	TOTAL BODY CHALLENGE, M2/3 5:30-6:30PM PYRAMID RM, JWC (KATE) *9/13 AND 9/20*	CARDIO HIP HOP, M2 5:20-6:20PM PYRAMID RM, JWC (AVA & LORETTA)	ZUMBA, M2, 6:30-7:30PM PYRAMID RM, JWC (JULIA F)	
DANCE IT OUT! M2 6:30-7:30PM PYRAMID RM, JWC (JULIA F)	IFT BARBELL, M3 5:15-6:15PM PARDEE GYM JWC (MELNIKAS)			
	CORE YOGA FLOW M2/3 5:15-6:15PM DYNASTY RM, JWC (JAYDEN) *9/13 ONLY			
	SPIN, L2/3 6:30-7:15PM STUDIO 2314, JWC (PAIGE)			

Get Started With a Fitness Pass

All Group Exercise classes require a Fitness Pass. Unlimited use for one quarter is \$25 and available for purchase from Sales & Service in the John Wooden Center.

Choose Your Workout

Complexity of Choreography

L Low **M** Medium **H** High

Exercise Intensity

1 Low **2** Medium **3** High

Find More Information

Check www.recreation.ucla.edu/groupx for workout descriptions and updates.

All classes are on a space-available basis. Participants must be present for warm-up. No late entry.

Athletic shoes required.

Thick fitness mats provided. Bring your own yoga mat for pilates, yoga, and yugalattes classes.

• • WORKOUT DESCRIPTIONS

Workout Descriptions

ADVANCED STEP & CONDITIONING

Step is a GREAT cardiovascular and conditioning workout. This class kicks up the choreography a notch to challenge the brain and body!

AGILITY & CONDITIONING

Get a great cardiovascular conditioning workout and improve your agility or ability to change direction.

BATTLE OF THE ROPES

Use battle ropes to increase back and midline strength as well as improve cardiovascular conditioning. Class will also use a variety of other equipment for an excellent total body workout.

BOOTCAMP FUN

Get ready for a challenging total body workout. Cardio, intervals, sports conditioning, core conditioning, kickboxing, muscular conditioning—plan on it all. Workout may even venture outdoors.

BOOTY KICKIN' BARRE

This workout uses your own body weight and a wall mounted ballet barre to develop long dancer-like muscles. "It's a kick" for the midline, glutes, and legs.

CARDIO & CONDITIONING CIRCUIT

This class will include conditioning and cardio, utilizing a variety of equipment—including the step—in a circuit format.

CARDIO HIP HOP

Learn fun, hip hop choreography to popular hip hop tunes. Taught in a "follow along" format to keep you moving and grooving the entire hour. Get down while you get your heart rate up!

CONDITIONING W/ RINGS & PARALLEL BARS

A gymnastics based workout that allows you to use your own body weight to perform standard skills such as push/pull ups on rings. Scalable and progression based instruction allow for all skill levels to strive toward mastering movements such as the muscle-up, skin the cat, levers, and L-sit holds.

DANCE CARDIO & CONDITIONING

Alternate between fun dance cardio choreography and total body conditioning with weights. A great workout for cardio and strength all in one hour

GLUTES OF GLORY

This class targets the midline, legs, and glutes for an amazing workout utilizing a variety of equipment.

H.I.I.T. HIGH INTENSITY INTERVAL TRAINING

This is the class for those of you who want to work hard and learn new skills. Perform multi-joint compound bodyweight movements and utilize a variety of equipment that challenges every muscle in your body. Kick your training up a notch and join the fun.

IFT BARBELL

Classes incorporate the use of barbells to perform advanced lifts to increase strength, power, mobility, and overall work capacity. Participants must be familiar with the following lifts (or take the Intro to Barbell class listed below): Deadlift, Sumo Deadlift, Front Squat, Hang & Power Cleans, Thrusters, Overhead Press, Push Press, Push Jerk, and Snatch.

INTRO TO BARBELL

Class introduces the lifts performed in the IFT Barbell classes above and is strongly encouraged for participation in the IFT Barbell workouts. Sign up at www.recreation.ucla.edu/register or show up on the first day of the section to see if there's space.

Sec 01: MW

1/11-2/8, 8:30am-9:30am

Sec 02: TuTh

1/12-2/4, 8:30am-9:30am

Dungeon/NW Corner, Drake \$35

KILLER CORE

This class features a progressive, moderate-high intensity workout which focuses on the "Core" muscle group including abdominals, obliques, and muscles of the back. Learn the dynamics of these important muscles and how to engage them in a variety of unique, strength-building exercises. Great for posture improvement, balance, and athletic performance.

MAT PILATES

Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture.

MOVE BETTER

Want to improve a particular lift or movement pattern? Struggling with mobility and/or stability? This class is for you. We'll focus on all the major joints and common areas of concern (scapular/humeral, spine, lumbo pelvic, hip, knee, ankle, foot) to develop healthy movement patterns using a variety of techniques like myofascial release, loaded mobility, movement drills, etc. This is not really a workout but more prehab/injury prevention.

PILATES REFORMER

Using the reformer bed, this class will challenge your entire body with great attention to the core. Excellent for improving posture and flexibility as well. These classes are now offered in an enrolled format. To enroll, go to www.recreation.ucla.edu/register.

POP DIVA® WORKOUT

This awesome dance cardio workout will inspire you to get in great shape while rocking out to your favorite pop hits. Learn fun, easy to follow choreography to each song and dance your heart out for an hour of pop diva bliss.

SPIN

This instructor-led group cycling workout is worth your time. Get an intense cardiovascular workout and get inspired by those around you to ride harder, get stronger and have fun.

STEP 30/20/10, 35/30/10, 45/35/10

First number denotes the minutes of cardio on the step, the 2nd number denotes the time spent strength training and the 3rd number denotes the time spent stretching. All three equal a balanced total body workout.

STEP & CONDITIONING

Step & Conditioning provides some cardio on the step and then some tough overall conditioning for the rest of the body.

TOTAL BODY CONDITIONING (TBC), TOTAL BODY CHALLENGE, TOTAL BODY WITH RECOVERY, TBC WITH TRX

A total body strength training/anaerobic class using weights, tubes, bands, balls and your own body for resistance. Get strong and have fun.

Total Body Challenge just kicks up the intensity a bit.

Total Body With Recovery adds a recovery component with extended stretching, mobility sequences and self-myofascial release.

TBC With TRX is a total body conditioning and strengthening class featuring the TRX Suspension Trainer as well as other equipment.

URBAN KICK

Combine aerobic kickboxing with high intensity intervals and you get a fun, athletic, challenging, full body workout. It's a kick.

WET WORKOUT, AQUA BOOTCAMP, SHALLOW WATER AEROBICS

Deep-water exercise classes are beneficial to exercisers at any fitness level. Suspended in deep water with a flotation belt or water buoy, deep-water exercise gives you the benefits of muscle conditioning, aerobics and flexibility in a non-impact workout. The class format will differ between instructors.

Aqua Bootcamp kicks deep water exercise up a notch.

Shallow Water Aerobics is a high energy full-body workout incorporating rapid variations of movement patterns that work all the major muscle groups in a bootcamp-style. You will walk, jog, and bounce your way across the pool, traveling the lane and performing various exercises along the way.

YOGALATES

A blend of yoga and pilates-inspired conditioning. Get your stretch and strengthen on!

ZUMBA®

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa, cumbia, merengue, ragaeton, and more.