

# GroupX

# FALL 2016

## SEPTEMBER 22 – DECEMBER 4

No classes 11/11 - 11/13, after 2pm 11/23, 11/24-11/27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STEP 30/20/10 8:30-9:30AM, M2 PYRAMID RM, JWC (ELSA)	SPIN®, L2/3 7:30-8:15AM STUDIO 2314, JWC (JULIA)	ABS, BACK & GLUTES, M2/3 6:15-7:05AM PYRAMID RM, JWC (V.I.)	SPIN®, L2/3 7:30-8:15AM STUDIO 2314, JWC (JULIA)	SPIN®, L2/3 6:30-7:15AM STUDIO 2314, JWC (V.I.)	STEP 45/30/15, M3 9:45-11:15AM PYRAMID, JWC (GLENNA)
H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (SERGIO)	TOTAL BODY CHALLENGE, L2 8:30-9:30AM PYRAMID RM, JWC (JULIA)	SPIN®, L2/3 7:15-8:00AM STUDIO 2314, JWC (V.I.)	TOTAL BODY CHALLENGE, L2 8:30-9:30AM PYRAMID RM, JWC (JULIA)	SPIN®, L2/3 7:30-8:15AM STUDIO 2314, JWC (V.I.)	<b>Get Started With a Fitness Pass</b> 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.
BOOTCAMP FUN, M2 12:00-1:00PM PYRAMID RM, JWC (CYNTHIA)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN)	STEP 30/20/10, 9:30-10:30AM, M2 PYRAMID RM, JWC (ELSA)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (SERGIO)	
DANCE CARDIO & CONDITIONING, M2 12:00-1:00PM GOLD RM, JWC (IKU)	MAT PILATES, M2 12:00-1:00PM PYRAMID RM, JWC (PETER)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (KC)	TOTAL BODY CHALLENGE L2 12:00-1:00PM PYRAMID RM, JWC (SERGIO)	ZUMBA®, M2 12:00-1:00PM PYRAMID ROOM, JWC (JANINE)	<b>Choose Your Workout</b> Complexity of Choreography L Low M Medium H High Exercise Intensity 1 Low 2 Medium 3 High
WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC	AQUA KICKBOXING, M2 12:00-1:00PM NORTH POOL	DANCE CARDIO & CONDITIONING, M2 12:00-1:00PM, PYRAMID RM, JWC (IKU)	PILATES AND CONDITIONING 12:00-1:00PM GOLD RM, JWC (DARCI)	WET WORKOUT, L2 12:10-1:10PM FAMILY POOL, SCRC	
TAE BO®, H3 5:15-6:15PM PARDEE GYM, JWC (BILLY BLANKS)	POP DIVA WORKOUT, M2 4:00-5:00PM PYRAMID RM, JWC (MANDY)	WET WORKOUT, L2 12:10-1:10PM, FAMILY POOL, SCRC	AQUA KICKBOXING, M2 12:00-1:00PM NORTH POOL	CONDITIONING WITH RINGS & PARALLEL BARS H3 4:00-5:00PM MONKEY BARS, DRAKE (KC)	<b>Find More Information</b> Check <a href="http://www.recreation.ucla.edu/groupx">www.recreation.ucla.edu/groupx</a> 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 and yoga classes.
SPIN®, L2/3 5:45-6:30PM STUDIO 2314, JWC (KATE)	AGILITY & CONDITIONING H2/3 5:10-6:10PM PARDEE GYM, JWC (SERGIO)	H.I.I.T, H3, 5:15-6:15PM PARDEE GYM, JWC (OLIVIA)	DANCE IT OUT & CONDITIONING, M2, 4:00-5:00PM PYRAMID RM, JWC (MANDY)	BOOTCAMP FUN, M2/3 5:35-6:50PM PYRAMID RM, JWC (CYNTHIA)	
BOOTY KICKIN' BARRE, M2/3 5:20-6:20PM PYRAMID RM, JWC (ANDREW)	STEP H.I.I.T, L2/3 5:10-6:10PM PYRAMID RM, JWC (GLENNA)	CARDIO HIP HOP, M2 5:15-6:15PM PYRAMID RM, JWC (AVA & LORETTA)	AQUA H.I.I.T., M3 5:15-6:15PM, FAMILY POOL, SCRC (GERARDO)		
GUTS, BUTTS, & THIGHS, M3 6:40-7:40PM PARDEE GYM, JWC (KATE)	SPIN®, L2/3 5:15-6:00PM STUDIO 2314, JWC (KYRA)	THE BOXING WORKOUT H3 6:20-7:20PM PARDEE GYM, JWC (FRANCIS)	AGILITY & CONDITIONING, H2/3 5:10-6:10PM PARDEE GYM, JWC (SERGIO)		
DANCE IT OUT, M2 6:25-7:25PM PYRAMID RM, JWC (JULIA)	BOOTY KICKIN BARRE, 5:20-6:20PM, M2/3 GOLD RM, JWC (PAULINA)	TOTAL BODY CHALLENGE, L2/3 6:20-7:20PM PYRAMID RM, JWC (CYNTHIA)	STEP 35/30/10, M2 5:05-6:20PM PYRAMID RM, JWC (GLENNA)		
CORE YOGA FLOW, L2/3 7:30-8:30PM PYRAMID RM, JWC (ALYSSA)	TOTAL BODY CHALLENGE L2/3 6:15-7:15PM PYRAMID RM, JWC (GLENNA)	SPIN®, L2/3 6:30-7:15PM STUDIO 2314, JWC (CATIE)	BOOTY KICKIN BARRE M2/3 5:20-6:20PM GOLD RM, JWC (PAULINA)		
	BRUIN BARBELL, M3 6:20-7:20PM PARDEE GYM, JWC (MELNIKAS)	DANCE IT OUT, L2/3 7:25-8:25PM PYRAMID RM, JWC (JULIA)	BRUIN BARBELL, M3 6:20-7:20PM PARDEE GYM, JWC (MELNIKAS)		
	SPIN®, L2/3 6:30-7:15PM STUDIO 2314, JWC (PAIGE)		ZUMBA®, M2 6:30-7:30PM PYRAMID RM, JWC (MILLY)		
	ZUMBA®, M2 7:20-8:20PM PYRAMID RM, JWC (VANESSA)		SPIN®, L2/3 6:30-7:15PM STUDIO 2314, JWC (GLENNA)		

**New for FALL!**  
**Tae Bo® Fitness**  
 Featuring Billy Blanks.  
 Mondays 5:15pm-6:15pm  
 Pardee Gym



# GroupX CLASS DESCRIPTIONS

## **ABS, BACKS & GLUTES**

This class targets the midline, back and glutes for a well-rounded workout utilizing a variety of equipment. Help improve overall core-strength to maintain a healthy, mobile back

## **AGILITY & CONDITIONING**

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

## **BOOTCAMP FUN**

Get ready for a challenging total body workout. Cardio intervals sports conditioning ore 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 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.

## **CORE FLOW YOGA**

A blend of yoga and core exercises to help you improve overall mindfulness, range of motion and core-strength. A great combination of stretching and strengthening your body!!

## **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

## **DANCE IT OUT**

A high energy dance cardio workout celebrating a variety of styles and music! From Hip Hop to Bollywood, Disco, Broadway, African, Russian, Pop, Jive, Swing, Mambo and more you'll learn to dance and build your stamina while having a blast!

## **GUTS, BUTTS & THIGHS**

This class targets conditioning for 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.

## **BRUIN BARBELL**

classes incorporate the use of barbells to perform advanced lifts to increase strength powermobility 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 Bruin Barbell classes above and is strongly encouraged for participation in the Bruin Barbell workouts. Sign up at [www.recreation.ucla.edu/register](http://www.recreation.ucla.edu/register) or show up on the first day of the section to see if there's space. Check online for class dates and times

## **MAT PILATES**

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

## **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](http://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. Includes some high intensity interval training to kick up your conditioning to the next level

## **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 H.I.T.T.**

This class provides cardio and conditioning on the step and also utilizes weights, tubes, bands and your own body resistance for some great high intensity interval training.

## **TAE BAO**

A total body cardio-martial arts workout incorporating a fusion of Taekwondo and Boxing techniques developed and made famous by Billy Blanks. An excellent workout for building mind-body stamina and strength.

## **THE BOXING WORKOUT**

Boxing is a full body workout. This class includes shadow boxing and conditioning for a "knockout" workout.

## **TOTAL BODY CHALLENGE**

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

## **WET WORKOUT, AQUA H.I.T.T. & AQUA KICKBOXING**

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.

## **ZUMBA®**

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