

# Group FIT & CYCLE

Summer 2018

## GROUP FIT SCHEDULE

6/25 - 8/5 (Session A) & 8/5 - 9/14 (Session B)

Located in Rob Gym 1430 (unless noted otherwise)

Students \$50 / Staff & Faculty \$55 / Community \$65 (price per summer session)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30-8:20am Sweat & Stretch Poston	7:30-8:20am Yoga Noland	7:30-8:20am Boot Camp Poston			
12:05-12:55pm HIIT	12:05-12:55pm Circuit Ryan	12:05-12:55pm Pound Fit Leslie	12:05-12:55pm Pump + Abs Ryan	12:05-12:55pm HIIT		11:30-12:20pm Pump + Abs Ryan
4:10-5:00pm TBA	4:10-5:00pm Pump + Plyos Ryan		4:10-5:00pm HIIT Ryan	4:10-5:00pm Foam & Flex Ryan		12:30-1:20pm Cardio Kickboxing Ryan
5:00-5:55pm TBA		5:00-5:55pm TBA				

## GROUP CYCLE SCHEDULE

Located in Rob Gym 1125

2x per week classes - Students \$60 / Non-Student \$64

Summer Session A	All Levels	Monday/Wednesday	8:00-8:50am	Owens Fisel	June 25 - August 6
	All Levels	Monday/Wednesday	5:15-6:05pm	Owens Fisel	June 25 - August 6
	All Levels	Tuesday/Thursday	5:15-6:05pm	Ryan Gage	June 26 - August 2
Summer Session B	All Levels	Monday/Wednesday	8:00-8:50am	Owens Fisel	June 25 - August 6
	All Levels	Monday/Wednesday	5:15-6:05pm	Owens Fisel	June 25 - August 6
	All Levels	Tuesday/Thursday	5:15-6:05pm	Ryan Gage	June 26 - August 2

Register online at [recreation.ucsb.edu](http://recreation.ucsb.edu)  
or in our Customer Service Center

Classes do not meet 7/4 or 9/3. Schedules and instructors are subject to change without notice. For questions, contact [findyourfit@recreation.ucsb.edu](mailto:findyourfit@recreation.ucsb.edu).