

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 Sweat & Stretch Poston	7:30-8:20am Boot Camp Poston			
12:05-12:55pm HIIT Alex	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 Alex		11:30-12:20pm Pump + Abs Ryan
4:10-5:00pm Tabata Jo Kaur	4:10-5:00pm Pump + Plyos Ryan	4:10-5:00pm Tabata Jo Kaur	4:10-5:00pm HIIT Ryan	4:10-5:00pm Foam & Flex Ryan		12:30-1:20pm Cardio Kickboxing Ryan
5:05-5:55pm Chisel & Sculpt* Jo Kaur		5:05-5:55pm Chisel & Sculpt* Jo Kaur				

* Chisel & Sculpt will be held at Racquet Ball Court #1

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	Smith	June 25 - August 6
	All Levels	Monday/Wednesday	5:15-6:05pm	Smith	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	Smith	August 8 - September 19
	All Levels	Monday/Wednesday	5:15-6:05pm	Smith	August 8 - September 19
	All Levels	Tuesday/Thursday	5:15-6:05pm	Ryan Gage	August 7 - September 13

Register online at 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.