

Group FIT & CYCLE

Spring 2018

GROUP FIT SCHEDULE

April 9 - June 8
 Located in Rob Gym 1430 (unless noted otherwise)
 Students \$55 / Staff & Faculty \$65 / Community \$75

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	7:00 - 7:50am HIIT Poston		7:00 - 7:50am Boot Camp Poston			
8:00 - 8:50am Yoga Noland		8:00 - 8:50am Yoga Noland			10:00-11:00am Jazz Caroline	11:30am - 12:20pm Pump + Abs Ryan
12:05 - 12:55pm HIIT Drake	12:05 - 12:55pm Circuit Ryan	12:05 - 12:55pm Cardio Hip Hop Tinelle	12:05 - 12:55pm Pump + Abs Ryan	12:10 - 1:00pm Cardio Circuit Poston		12:30 - 1:20pm Cardio Kickboxing Ryan
4:10 - 5:00pm After Work Cardio Kick Drake	4:10 - 5:00pm Pump + Plyos Ryan	4:10 - 5:00pm After Work Cardio Kick Drake	4:10 - 5:00pm HIIT Ryan	4:30 - 5:20pm Foam & Flex Ryan		
5:05 - 5:55pm Zumba Evelyn		5:05 - 5:55pm Zumba Evelyn				
6:00 - 6:50pm Chisel & Sculpt Roman		6:00 - 6:50pm Chisel & Sculpt Roman				
7:00 - 7:50pm Battle Zone *Pauley Track Roman		7:00 - 7:50pm Battle Zone *Pauley Track Roman				7:00 - 8:00pm Weekend Circuit Li

GROUP CYCLE SCHEDULE

April 9 - June 8
 Located in Rob Gym 1125
 2x per week classes - Students \$80 / Non-Student \$84
 1x per week class - Students \$44 / Non-Student \$48

Mon	Tues	Wed	Thu	Sat
7 - 7:50am 2x per week Reeves	7 - 7:50am 2x per week Kuo	7 - 7:50am 2x per week Reeves	7 - 7:50am 2x per week Kuo	
				9 - 10:00am 1x per week Rotation
	5:15-6:05pm 2x per week Gage		5:15-6:05pm 2x per week Gage	

Register online at recreation.ucsb.edu
 or in our Customer Service Center

Classes do not meet May 28. Schedules and instructors are subject to change without notice. For questions, contact findyourfit@recreation.ucsb.edu.

