

# Group FIT & CYCLE

Spring 2019

## GROUP FIT SCHEDULE

Group Fitness All Access Pass  
April 8-June 5  
Rob Gym 1430

Students: \$55  
Non-Students: \$65  
Community: \$75

MON	TUE	WED	THUR	FRI	SUN
	7:00-7:50am <b>Strength in Core</b> Kelly	7:00-7:50am <b>Stretch &amp; Release</b> Kelly	7:00-7:50am <b>Morning Power</b> Kelly		11:30-12:20pm <b>Pump + Abs</b> Ryan
12:05-12:55pm <b>HIIT</b> Alex	12:05-12:55pm <b>Circuit</b> Ryan	12:05-12:55pm <b>Barre</b> Kelly	12:05-12:55pm <b>Pump + Abs</b> Alisa	12:05-12:55pm <b>Barre</b> Kelly	12:30-1:20pm <b>Cardio Kickboxing</b> Ryan
4:10-5:00pm <b>Chisel &amp; Sculpt</b> Jo	4:10-5:00pm <b>Pump + Plyos</b> Ryan	4:10-5:00pm <b>Chisel &amp; Sculpt</b> Jo	4:10-5:00pm <b>HIIT</b> Ryan	4:30-5:20pm <b>Foam &amp; Flex</b> Ryan	
5:05-5:55pm <b>Cardio Blast</b> Jo		5:05-5:55pm <b>Cardio Blast</b> Jo			
6:10-7:00pm <b>Battle Zone*</b> Cody	6:10-7:00pm <b>Boot Camp</b> Drake	6:10-7:00pm <b>Battle Zone*</b> Cody	6:10-7:00pm <b>Boot Camp</b> Drake		

\*Battle Zone is held on Pauley Track.

## GROUP CYCLE SCHEDULE

The Group Cycle All Access  
April 8-June 3  
Rob Gym 1125

Students: \$55  
Non-Students: \$65  
Community: \$75

MON	TUE	WED	THUR	FRI	SUN
7:00-7:50am <b>Indoor Cycling</b> TBA	7:00-7:50am <b>Indoor Cycling</b> Mikayla	7:00-7:50am <b>Indoor Cycling</b> TBA	7:00-7:50am <b>Indoor Cycling</b> Mikayla		
				12:05-12:50pm <b>Indoor Cycling</b> Kayla	
5:15-6:05pm <b>Indoor Cycling</b> Alisa	5:15-6:05pm <b>Indoor Cycling</b> Ryan	5:15-6:05pm <b>Indoor Cycling</b> Alisa	5:15-6:05pm <b>Indoor Cycling</b> Ryan		

Purchase a Group Fitness or Group Cycle All Access Pass online at [recreation.ucsb.edu](http://recreation.ucsb.edu) or in person at the Recreation Customer Service Center.