

Group FIT & CYCLE

Spring 2019

GROUP FIT SCHEDULE

Group Fitness All Access Pass
Students: \$55 / Non-Students: \$65

April 8-June 5
Rob Gym 1430

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

*Battle Zone is held on Pauley Track.

GROUP CYCLE SCHEDULE

The Group Cycle All Access Pass allows access to unlimited cycle classes each week.

Students: \$55 / Non-Students: \$65
April 8-June 3
Rob Gym 1125

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

Purchase a Group Fitness or Group Cycle All Access Pass online at recreation.ucsb.edu or in person at the Recreation Customer Service Center.