

# Group FIT & CYCLE

Winter 2019

## GROUP FIT SCHEDULE

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

January 14-March 13  
Rob Gym 1430

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> Natalie	12:05-12:55pm <b>Pump + Abs</b> Ryan	12:05-12:55pm <b>Barre</b> Natalie	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		
5:00-5:55pm <b>Cardio Blast</b> Jo		5:00-5:55pm <b>Cardio Blast</b> Jo			
	6:10-7:00pm <b>Jazz</b> Caroline				
7:00-7:50pm <b>Battle Zone*</b> Cody		7:00-7:50pm <b>Battle Zone*</b> Cody			

\*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  
January 14-March 13  
Rob Gym 1125

MON	TUE	WED	THUR	FRI	SUN
7:00-7:50am <b>Indoor Cycling</b> Ambriz	7:00-7:50am <b>Indoor Cycling</b> TBA	7:00-7:50am <b>Indoor Cycling</b> Ambriz	7:00-7:50am <b>Indoor Cycling</b> TBA		
				12:05-12:55pm <b>Indoor Cycling</b> TBA	
5:15-6:05pm <b>Indoor Cycling</b> Block	5:15-6:05pm <b>Indoor Cycling</b> Gage	5:15-6:05pm <b>Indoor Cycling</b> Block	5:15-6:05pm <b>Indoor Cycling</b> Gage		

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.