

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 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 Natalie	12:05-12:55pm Pump + Abs Ryan	12:05-12:55pm Barre Natalie	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		
5:00-5:55pm Cardio Blast Jo		5:00-5:55pm Cardio Blast Jo			
	6:10-7:00pm Jazz Caroline				
7:00-7:50pm Battle Zone* Cody		7:00-7:50pm Battle Zone* 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 Indoor Cycling Gorman	7:00-7:50am Indoor Cycling Ambriz		7:00-7:50am Indoor Cycling Ambriz		
				12:05-12:55pm Indoor Cycling Gorman	
5:15-6:05pm Indoor Cycling Block	5:15-6:05pm Indoor Cycling Gage	5:15-6:05pm Indoor Cycling Block	5:15-6:05pm Indoor Cycling Gage		

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

Classes do not meet January 21 or February 18. Schedules and instructors are subject to change without notice. For questions, contact findyourfit@recreation.ucsb.edu.