

# Group FIT & CYCLE

Fall 2019

## GROUP FIT SCHEDULE

Group Fitness All Access Pass  
October 7-December 7  
Rob Gym 1430

Students: \$50  
Non-Students: \$55  
Community: \$65

MON	TUE	WED	THUR	FRI	SUN
		7:00-7:50am <b>Morning Boost</b> Kelly		7:00-7:50am <b>Morning Boost</b> Kelly	11:30-12:20pm <b>Pump + Abs</b> Ryan
12:05-12:55pm <b>Hip Hop Barre</b> Alex	12:05-12:55pm <b>Circuit</b> Ryan	12:05-12:55pm <b>HIIT</b> Alex	12:05-12:55pm <b>Pump + Abs</b> Ryan	12:05-12:55pm <b>Sculpting Core</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	4:10-5:00pm <b>Foam &amp; Flex</b> Ryan	
	6:10-7:00pm <b>Athletic Skills</b> Kristen	5:05-5:55pm <b>Cardio Blast</b> Jo	7:00-7:50pm <b>Athletic Skills</b> Kristen		

## GROUP CYCLE SCHEDULE

Group Cycle All Access Pass  
October 7-December 7  
Rob Gym 1125

Students: \$50  
Non-Students: \$55  
Community: \$65

MON	TUE	WED	THUR	FRI	SUN
	7:00-7:50am <b>Indoor Cycling</b> Geneve	7:00-7:50am <b>Indoor Cycling</b> Kayla	7:00-7:50am <b>Indoor Cycling</b> Geneve	7:00-7:50am <b>Indoor Cycling</b> Kayla	9:00-10:00am <b>Indoor Cycling</b> Mikayla
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		
8:00-8:50pm <b>Sweat n Cycle After Hours</b> Paris		8:00-8:50pm <b>Sweat n Cycle After Hours</b> Paris			

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.

UC SANTA BARBARA  
Department of Recreation

Classes do not meet on November 11 or November 28-December 1  
Schedules and instructors are subject to change without notice.  
For questions, contact [findyourfit@recreation.ucsb.edu](mailto:findyourfit@recreation.ucsb.edu).