

SESSION 1
JULY 1 – AUG 4

NO CLASSES // JULY 4

SCHE DULE

SESSION 2
AUG 5 – SEP 1

M	PILATES YOGA BLEND 8–8:55am FR // M2 ALEXIA	CYCLE HIIT 12–12:50pm CR // M2/3 ALEXIA	CARDIO MUSCLE CAMP 12–12:55pm JENNIE RA1 // M2 ANGELA	HATHA FLOW 12–12:55pm FR // M2 JENNIE	MEDITATION 1–1:30pm FR // L1 JENNIE	BEGINNING YOGA 3–3:55pm RA3 // M1 ARTURO	IYENGAR YOGA 4–4:55pm RA3 // M2 ARTURO	STRONG BY ZUMBA 5–5:55pm RA1 // M2 EILEEN	CYCLE FIT 5:30–6:20pm CR // L2 JESSICA	BARRE FIT 6–6:55pm RA1 // M2 OLGA
T	NOON CYCLE 12–12:50pm CR // M2 STACEY	HATHA YOGA 12–12:55pm FR // L1/2 LAURA	BOOT CAMP XL 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	VINYASA YOGA 4:30–5:25pm RA3 // M2 LAURA	CARDIO KICKBOX 5–5:55pm RA2 // M2/3 ELDRIDGE	BOOTY BARRE 5–5:55pm RCR // M2 ALEXIA	WATER FITNESS 5–6pm CV // M2 SUSANA			
W	PILATES YOGA BLEND 8–8:55am FR // M2 ALEXIA	CYCLE HIIT 12–12:50pm CR // M2/3 ALEXIA	HATHA FLOW 12–12:55pm FR // M2 JENNIE	MEDITATION 1–1:30pm FR // L1 JENNIE	BEGINNING YOGA 3–3:55pm RA3 // M1 ARTURO	IYENGAR YOGA 4–4:55pm RA3 // M2 ARTURO	CARDIO MOVES & BARRE 5:30–6:25pm RA1 // H2 JO-ANNA	CYCLE FIT 5:30–6:20pm CR // M2 JESSICA		
TH	NOON CYCLE 12–12:50pm CR // M2 STACEY	HATHA YOGA 12–12:55pm FR // L1/2 LAURA	BOOT CAMP XL 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	BARRE FIT 5–5:55pm RCR // M2 OLGA	ZUMBA 5–5:55pm RA2 // H2 OLGA	WATER FITNESS 5–6pm CV // M2 SUSANA				
F	HATHA YOGA 12–1pm RA3 // L1/2 JANE									

M	PILATES YOGA BLEND 8–8:55am FR // M2 ALEXIA	CYCLE HIIT 12–12:50pm CR // M2/3 ALEXIA	CARDIO MUSCLE CAMP 12–12:55pm JENNIE RA1 // M2 ANGELA	HATHA FLOW 12–12:55pm FR // M2 JENNIE	MEDITATION 1–1:30pm FR // L1 JENNIE	BEGINNING YOGA 3–3:55pm RA3 // M1 ARTURO	IYENGAR YOGA 4–4:55pm RA3 // M2 ARTURO	STRONG BY ZUMBA 5–5:55pm RA1 // M2 EILEEN	CYCLE FIT 5:30–6:20pm CR // L2 JESSICA	BARRE FIT 6–6:55pm RA1 // M2 OLGA
T	MEDITATION 10:15–11am RA3 // M1/2 VOU	HATHA YOGA 12–12:55pm FR // L1/2 LAURA	BOOT CAMP XL 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	VINYASA YOGA 4:30–5:25pm RA3 // M2 LAURA	CARDIO KICKBOX 5–5:55pm RA2 // M2/3 ELDRIDGE	BOOTY BARRE 5–5:55pm RCR // M2 ALEXIA	WATER FITNESS 5–6pm CV // M2 SUSANA			
W	PILATES YOGA BLEND 8–8:55am FR // M2 ALEXIA	CYCLE HIIT 12–12:50pm CR // M2/3 ALEXIA	HATHA FLOW 12–12:55pm FR // M2 JENNIE	MEDITATION 1–1:30pm FR // L1 JENNIE	BEGINNING YOGA 3–3:55pm RA3 // M1 ARTURO	IYENGAR YOGA 4–4:55pm RA3 // M2 ARTURO	CARDIO MOVES & BARRE 5:30–6:25pm RA1 // M2 JO-ANNA	CYCLE FIT 5:30–6:20pm CR // M2 JESSICA		
TH	HATHA YOGA 12–12:55pm FR // L1/2 LAURA	BOOT CAMP XL 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	BARRE FIT 5–5:55pm RCR // M2 OLGA	ZUMBA 5–5:55pm RA2 // H2 OLGA	WATER FITNESS 5–6pm CV // M2 SUSANA					
F	HATHA YOGA 12–1pm RA3 // L1/2 JANE									

Session 1 Fit-Yoga Pass

Take UNLIMITED classes all quarter! Choose from over 30 classes each week for a NEW low price!

- Not valid for special events, workshops or studio/small group training classes.
- Passes are non-refundable.
- First come first served.

Valid 7/1–8/4 \$50/60/70

CLASS LEVEL KEY:

COMPLEXITY	INTENSITY
L = LOW	1 = LOW
M = MEDIUM	2 = MEDIUM
H = HIGH	3 = HIGH

LOCATION KEY:

4th F	RIMAC Conference Room	OPC	Outdoors – Price Center	RA3	RIMAC Activity Room 3
CR	Main Gym Cycle Room	Pit	RIMAC Weight Room	SW	Spanos West
CV	Canyonview	RCR	Rec Gym Conference Room	WS	RIMAC Wellness Studio
FR	Main Gym Fitness Room	RA1	RIMAC Activity Room 1	WC	RIMAC Wellness Classroom
OMG	Outdoors – Main Gym	RA2	RIMAC Activity Room 2		

Class descriptions can be found on our website at recreation.ucsd.edu

10-Time Fitness-Yoga Pass

A 10-time use pass for Fitness and Yoga classes.

- Not valid for special events, workshops or studio/small group training classes.
- Passes are non-refundable.
- Instructor reserves the right to suggest the appropriate level of class.

Does not expire! \$60/72/84

Session 2 Fit-Yoga Pass

Take UNLIMITED classes all quarter! Choose from over 30 classes each week for a NEW low price!

- Not valid for special events, workshops or studio/small group training classes.
- Passes are non-refundable.
- First come first served.

Valid 8/5–9/1 \$40/50/60