

FIT-YOGA PASS SCHEDULE

FALL 2017
OCT 7 – JAN 12

NO CLASSES // NOV 11 AFTER 12PM // NOV 22–26

M

YOGA SCULPT 8–8:55am RCR // M2/3 KEITH	CORE FIT 11:30–12pm RA1 // M2 TRIXI	BOOTCAMP 12–12:55pm RA1 // M2 TRIXI	RHYTHM RIDE 12–12:50pm CR // L2 RACHEL	HATHA FLOW 12–12:55pm RCR // M2 JENNIE	MEDITATION 1:05–1:30pm FR // L1 JENNIE	BEGINNER YOGA 3–3:55pm RA3 // L1 ARTURO	PILATES MAT 4–4:55pm RA2 // L2 MICHELLE	IYENGAR YOGA I 4–4:55pm RA3 // L2 ARTURO	CARDIO DANCE & STRENGTH 5–5:55pm RA1/ M2/3 CAMERON	IYENGAR YOGA MIXED 5–5:55pm RA3 // M2 ARTURO	CYCLE FIT 5–5:50pm CR // L2 JESSICA	BARRE FIT 6–6:55pm RA1 // M2 OLGA	ZUMBA 6–6:55pm RA2 // M2 KARRI	VINYASA YOGA 7–7:55pm FR // M1/2 LAURA	YOGA FOR RELAXATION 8–8:55pm FR // L1 LAURA
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T

CYCLE FIT 7–7:45am CR // L2 RACHELLE	VINYASA YOGA 7:05–8am RA3 // M2 RICKY	BOOTCAMP 8–8:55am RCR // H2 RACHELLE	BARRE FIT 8–8:55am RA1 // M2 TRIXI	MEDITATION 10–10:45pm RA3 // L1 VOU	CYCLE BLAST 12–12:50pm CR // L2/3 STACEY	HATHA FLOW YOGA 12–12:55pm RCR // M1/2 RACHEL	PILATES MAT 1–1:55pm RCR // M2 ADRIANA	VINYASA YOGA 2–2:55pm RCR // M1/2 LAURA	SPIN HIIT 4:05–4:50pm CR // L2/3 ASHLEY	BOOT CAMP 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	INTRO TO ACRO YOGA 4:30–5:25pm RA3 // M1 NICK	TURBO KICK 5–5:55pm RA2 // H2 CARA	BARRE HIIT 5–5:55pm RCR // M2 ASHLEY	CYCLE FIT 6–6:50pm CR // L2 LUIS	VINYASA YOGA 6–7:25pm RCR // H2/3 LAURA
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W

VINYASA YOGA 7:30–8:25am RA3 // M1/2 RICKY	CARDIO MUSCLE CAMP 12–12:55pm RA1 // M2/3 RICHARD	RHYTHM RIDE 12–12:50pm CR // L2 RACHEL	HATHA FLOW 12–12:55pm RCR // M2 JENNIE	MEDITATION 1:05–1:30pm FR // L1 JENNIE	BEGINNER YOGA 3–3:55pm RA3 // L1 ARTURO	IYENGAR YOGA I 4–4:55pm RA3 // L2 ARTURO	CARDIO DANCE ON THE STEP 5–5:55pm RA1 // H2 JO-ANNA	IYENGAR YOGA MIXED 5–5:55pm RA3 // M2 ARTURO	CYCLE FIT 5–5:50pm CR // L2 JESSICA	CARDIO DANCE & BARRE 6–6:55pm RA1 // M2 JO-ANNA	INSANITY LIVE! 6–6:50pm RA2 // M2/3 DORA	VINYASA YOGA 7–7:55pm FR // M1/2 SHELLY	VINYASA YOGA 8–8:55pm FR // L1 SHELLY
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TH

CYCLE FIT 7–7:45am CR // L2 SOFIA	VINYASA YOGA 7:05–8am RA3 // M2 RICKY	CARDIO HIP HOP 8–8:50am RA1 // H2 TRIXI	CYCLE BLAST 12–12:50pm CR // L2/3 STACEY	HATHA FLOW YOGA 12–12:55pm RA2 // M1/2 RACHEL	PILATES MAT 1:30–2:25pm RA2 // L2 MELINDA	VINYASA YOGA 2–2:55pm RCR // M1/2 SHELLY	BOOT CAMP 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	ZEN VINYASA YOGA 4:30–5:20pm RA3 // M2 NICK	ZUMBA 5–5:55pm RA2 // H2 OLGA	BARRE FIT 5–5:55pm RCR // M2 OLGA	CYCLE FIT 6–6:50pm CR // L2 LUIS	SUPER CORE 7–7:30pm WS // L2 TANNER
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F

BELLY BLAST 10:15–11am RA1 // L1 KARRI	CARDIO MUSCLE CAMP 12–12:55pm RA1 // M2/3 DANI	HATHA YOGA 12–12:55pm RA3 // M1 JANE	BARRE FIT 12–12:55pm RCR // M2 OLGA	HATHA YOGA 12–12:55pm FR // M1 JESSICA	TURBO KICK 4–4:55pm RA2 // H2 CARA	ACRO YOGA 4:30–6pm RA3 // M2 LAURA
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SA

CARDIO MUSCLE CAMP 9:30–10:25am RA1 // M2/3 RICHARD	CYCLE HIIT 11:30am–12:20pm CR // L2/3 SOFIA	HATHA YOGA 3:30–4:25pm RA2 // L2 NADINE
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SU

BEGINNER YOGA 10–11:55pm RA3 // L1 BRANDY	VINYASA YOGA 11–11:55am RA3 // M2 BRANDY	INTRO TO PILATES 11:30am–12pm RA1 // L1 DONNA	PILATES MORE FOR CORE 12:10–1pm RA1 // L2 DONNA
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CLASS LEVEL KEY:

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

Try the Pass first week FREE!

Try before you buy, free for the first week of classes! Pass holders will have priority over drop-in's.

Fit-Yoga Pass

Take UNLIMITED classes all quarter! Choose from over 70 classes each week for a NEW low price!

- 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.
- First come first served.

Valid 10/7–12/8 \$65/105/150

10-Time Fitness-Yoga Pass

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

- Not valid for special events, workshops or Strength & Small Group Training.
- Passes are non-refundable.
- Instructor reserves the right to suggest the appropriate level of class.
- First come first served.

Does not expire! \$60/72/84

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

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
CVP Canyonview Pool	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	