



recreation.ucsb.edu

Get up GAUCHOS! | Spring 2024 FITNESS

April 8 - June 3

Pricing: Student / Faculty & Staff / Community

Group Fitness | All Access Pass

\$85 / \$106 / \$119

Includes Barre Beats, Bootcamp, Curls 'N Core, HIIT, TRX, Zumba® Fitness. See schedule below.

A La Carte Fitness Classes

Barre Beats **NEW**

\$60 / \$75 / \$84

Noland | Tue | 3-3:45pm

Bootcamp

\$70 / \$85 / \$94

Oler | Tue & Thu | 5:15-6pm

Curls 'N Core

\$60 / \$75 / \$84

Weafer | Wed | 5-6pm

HIIT

\$70 / \$85 / \$94

Gentle | Mon & Wed | 4-4:45pm

Introduction to Weightlifting

\$70 / \$85 / \$94

Avila | Mon & Thu | 7-8am

Intermediate/Advanced Topics in Weightlifting

\$60 / \$75 / \$84

Avila | Mon | 8:30-9:30am

TRX

\$70 / \$85 / \$94

Mack | Tue & Thu | 4-5pm

Water Fitness

\$70 / \$74

Miles-Dutton | Tue & Thu | 12:10-12:50pm

Women & Weights

\$60 / \$75 / \$84

Rouse | Mon | 2-3:15pm

Zumba Fitness®

\$60 / \$75 / \$84

Haewon | Thu | 7:30-8:30pm

Fit for Life | All Access Pass

\$70 / Faculty & Staff ONLY

Includes Circuit, Group Cycle, Strength & Mobility. See schedule below.

Fit for Life - Circuit

Gentle | Tue & Thu | 12:05-12:55pm

Fit for Life - Group Cycle **NEW**

Erdman | Fri | 12:05-12:55pm

Fit for Life - Strength & Mobility

Martin | Mon & Wed | 12:05-12:55pm

