

BARRE An energetic, sweaty fusion of Pilates, ballet-inspired movements, and yoga all set to fast-paced, hip music. Weights and bands add cardio conditioning and total body toning.

BOOT CAMP A non-stop workout using a series of basic athletic-style exercises to produce a cardiovascular and muscular endurance challenge.

C² An efficient, effective total body workout system using seven minute movement blocks. Each block uses easy transitions to keep your heart rate up so you can crush calories while you build strength, endurance and core control.

CARDIO DANCE This cardio dance workout will burn calories and energize your entire day.

CYCLING A cycling class set to motivating music that combines jumps, intervals, hills, and sprints to promote and aerobic fitness.

ENERGY CIRCUIT* (MEET IN LOBBY) A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles and keep your heart rate elevated for max calorie burn.

H.I.I.T. Class includes short, high intensity intervals combined active recovery designed to train the body for improved performance and calorie burning. This format offers the perfect blend of speed, quickness and agility drills.

HATHA YOGA A straightforward style of Yoga with postures that focus on technique, flexibility, breathing, and relaxation.

KICKBOXING Traditional kickboxing moves are taught and performed to increase cardiovascular fitness, agility and quickness.

KICKBOXING 101 This intro to Kickboxing class teaches basic punches, kicks and boxing moves designed to increase muscular strength and cardio endurance.

PILATES SCULPT Exercises and postures that stretch and tone every muscle in your body, with a special emphasis on the "core" (abdominals, waist, lower back and buttocks). A small variety of props may be used.

POWER CYCLE Improve your speed, strength, stamina, and your overall health with this fun and challenging cardiovascular workout.

POWER FUSION An exciting blend of Yoga and Pilates, the best of both worlds! This class combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening moves of Pilates.

POWER HOUR Energize your day with a total-body cardio and strength workout including aerobics, weight training, plyometrics, balance, and coordination exercises.

STRENGTH IN 45* (OUTDOOR) In 45 minutes, every muscle in your body will get a great workout. Great when paired with Monday's Outdoor Energy Circuit class.

SUNRISE YOGA An all-levels class providing a good stretch in the morning and more energy for the day. This class includes body alignment, breathing, and relaxation.

TABATA INTERVAL Take your training to the next level with this dynamic conditioning experience! 20 second bouts of high intensity exercise followed by 10 seconds of rest. Repeat 8 times for a total of 4 minutes to create a class full of challenging intervals.

TKO (TECHNICAL KNOCKOUT) Build stronger and more defined arms with sparring jabs and power punches. You will learn the proper execution of the punch combinations for an intense cardio workout that can help you become stronger and more confident.

VINYASA YOGA A series of breathing, stretching, balancing, and relaxation (postures) to increase flexibility, energy and create better awareness of mind and body.

WELLNESS YOGA* (OPEN TO ALL EMPLOYEES) Join us for this yoga class sponsored by the Health Engagement team.

YOGA SCULPT An intense full body workout using traditional yoga poses with light to moderate weights for total body training.

UNIVERSAL STUDIOS

FITNESS CENTER

OPERATED BY OPTUM®

group fitness schedule

effective july 1st – october 4th



universal studios fitness center


100 universal city plaza
building 2160 floor 1
universal city, ca 91608

818-777-4496

universalstudiosfitness@plusone.com

group fitness schedule

effective july 1st – october 4th

	MON	TUES	WED	THU	FRI
Morning	TABATA INTERVAL 6:45 – 7:30AM Jessica	SUNRISE YOGA 6:30 – 7:30AM Guy	BARRE 6:45 – 7:30AM Alexis	POWER HOUR 6:30 – 7:30AM Nelson	VINYASA YOGA 6:30 – 7:30AM Faye
			WELLNESS YOGA* 8:00 – 8:45AM Jo		
Afternoon	KICKBOXING 101 12:15 – 1:00PM Johnny	TKO 12:15 – 1:00PM Shar	 12:15 – 1:00PM Alexis	YOGA SCULPT 12:15 – 1:00PM Brynn	POWER CYCLE 12:15 – 1:00PM Alexis
	ENERGY CIRCUIT * 12:30 – 1:15PM Nelson		STRENGTH IN 45* 12:30 – 1:15PM Nelson		
	HATHA YOGA 1:15 – 2:00PM Guy	PILATES SCULPT 1:15 – 1:45PM Shar	CYCLING 1:15 – 2:00PM Alexis	KICKBOXING 1:15 – 2:00PM Johnny	H.I.I.T. 1:15 – 2:15PM Bryan
Evening	POWER FUSION 6:30 – 7:15PM Faye	H.I.I.T. 5:30 – 6:15PM Bryan	BOOTCAMP 5:30 – 6:15PM Bryan	CARDIO DANCE 5:30 – 6:15PM Sae	
		BOOTCAMP 6:30 – 7:15PM Francesca	BARRE 6:30 – 7:15PM Jessica	VINYASA YOGA 6:30 – 7:15PM Sae	

group fitness guidelines

- Depending on the class type, space may be limited.
- Should you need to leave the classroom, please tell the instructor by raising your hand or making eye contact — this will let the instructor know that you're feeling fine. If you're not feeling well, please sit down to alert the instructor; this will also put you in the best position for recovery.
- Be considerate of other members' exercise space.
- Classes and instructors are subject to change without notice.
- Help us keep the exercise space tidy: please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it's your first time in class. If you're pregnant or have other medical issues that may affect your workout, please inform the instructor before the class begins.
- Taking pictures is prohibited.
- Please dress in appropriate workout attire.
- Personal fragrances should be kept to a minimum.

The information provided through any onsite program is for informational purposes only and provided as part of your employee benefits. Participation in any onsite program is voluntary. The onsite team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Your health information is kept confidential in accordance with the law and will only be used to provide health and wellness recommendations as applicable.

© 2018 Optum, Inc. All rights reserved. All trademarks are the property of the respective owners. 220827