### FITZONES

**SPRING 2021 | MARCH 29 - JUNE 6 | NO CLASSES ON MAY 29 - 31**

*FITZONE CLASSES ARE FREE FOR STUDENTS, FACULTY & STAFF*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIIT</td>
<td>MORNING STRETCH &amp; MAT PILATES</td>
<td>CORE YOGA FLOW</td>
<td>MORNING STRETCH &amp; MAT PILATES</td>
<td>ALEXANDER TECHNIQUE</td>
</tr>
<tr>
<td>M2/3, 12:00-12:35 PM</td>
<td>M2, 7:30-8:20 AM</td>
<td>M2, 7:00-7:55 AM</td>
<td>M2, 7:30-8:20 AM</td>
<td>STRESS &amp; TENSION RELEASE BREAK</td>
</tr>
<tr>
<td>IG LIVE (DANNY)</td>
<td>FB LIVE (PETER S.)</td>
<td>IG LIVE (ABBY)</td>
<td>FB LIVE (KOSTA)</td>
<td></td>
</tr>
<tr>
<td>ALL CORE</td>
<td>TOTAL BODY CHALLENGE</td>
<td>TOTAL BODY CHALLENGE</td>
<td>TOTAL BODY CHALLENGE</td>
<td>HIIT</td>
</tr>
<tr>
<td>M2/3, 12:45-1:00 PM</td>
<td>(W/DUMBBELLS)</td>
<td>(W/DUMBBELLS)</td>
<td>(W/HOUSEHOLD OBJECTS)</td>
<td>M2/3, 12:10-12:50 PM</td>
</tr>
<tr>
<td>IG LIVE (DANNY)</td>
<td>M2/3, 12:10-12:50 PM</td>
<td>M2/3, 12:10-12:50 PM</td>
<td>L2/3, 8:00-9:00 AM</td>
<td>FB LIVE (KC)</td>
</tr>
<tr>
<td>DANCE CARDIO &amp; CONDITIONING</td>
<td>MIDDAY MOVEMENT ENERGIZER</td>
<td>LOW IMPACT CARDIO</td>
<td>MIDDAY MOBILITY</td>
<td></td>
</tr>
<tr>
<td>M2, 12:15-12:55 PM</td>
<td>L1, 3:00-3:20 PM</td>
<td>L1, 1:00-1:30 PM</td>
<td>L1, 3:00-3:20 PM</td>
<td></td>
</tr>
<tr>
<td>FB LIVE (MANDY)</td>
<td>FB LIVE (MANDY)</td>
<td>FB LIVE (CINDY)</td>
<td>FB LIVE (CINDY)</td>
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</tr>
<tr>
<td>MIDDAY MOBILITY</td>
<td>KICKBOX FITSST</td>
<td>MIDDAY MOVEMENT ENERGIZER</td>
<td>MIDDAY MOBILITY</td>
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</tr>
<tr>
<td>L1, 3:00-3:20 PM</td>
<td>M2/3, 5:10-5:50 PM</td>
<td>L1, 3:00-3:20 PM</td>
<td>L1, 3:00-3:20 PM</td>
<td></td>
</tr>
<tr>
<td>FB LIVE (PETER S.)</td>
<td>FB LIVE (PETER S.)</td>
<td>FB LIVE (DANNY)</td>
<td>FB LIVE (CINDY)</td>
<td></td>
</tr>
<tr>
<td>BOOTCAMP WORKOUT</td>
<td>MAT PILATES</td>
<td>BOOTYCAMP</td>
<td>AGILITY &amp; CONDITIONING @ HOME</td>
<td></td>
</tr>
<tr>
<td>(BODYWEIGHT)</td>
<td>M2, 6:00-6:40 PM</td>
<td>(TENNIS OR LACROSSE BALL)</td>
<td>H2/3, 3:00-3:40 PM</td>
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</tr>
<tr>
<td>M2/3, 4:00-4:45 PM</td>
<td>IG LIVE (PAM)</td>
<td>L1, 3:00-3:20 PM</td>
<td>IG LIVE (ELIZABETH)</td>
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<tr>
<td>IG LIVE (SUZANNE)</td>
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<tr>
<td>ULTIMATE UPPER BODY</td>
<td></td>
<td></td>
<td>BOXING FOR FITNESS</td>
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<tr>
<td>(W/DUMBBELLS) &amp; CARDIO</td>
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<td></td>
<td>M2/3, 4:00-4:40 PM</td>
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<tr>
<td>L1/2, 5:10-5:50 PM</td>
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<td>FB LIVE (ROB)</td>
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<tr>
<td>IG LIVE (CINDY)</td>
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<tr>
<td>BBC - BOOTY, BACK, &amp; CORE</td>
<td></td>
<td></td>
<td>MAT PILATES</td>
<td></td>
</tr>
<tr>
<td>(BANDS, DUMBBELLS)</td>
<td></td>
<td></td>
<td>M2, 6:00-6:40 PM</td>
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<tr>
<td>L2/3, 6:40-7:40 PM</td>
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<td></td>
<td>IG LIVE (PAM)</td>
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<tr>
<td>FB LIVE (ELISA)</td>
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</tbody>
</table>

### Choose Your Workout

**Complexity of Choreography**

- **L** Low
- **M** Medium
- **H** High

**Exercise Intensity**

- **1** Low
- **2** Medium
- **3** High

**Instagram Live:**

- [instagram.com/uclarec](https://instagram.com/uclarec)

**Facebook Live:**

- [facebook.com/uclarec](https://facebook.com/uclarec)

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**SATURDAY/SUNDAY**

<table>
<thead>
<tr>
<th>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS)</th>
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<tbody>
<tr>
<td>L2/3, 11:00 AM-12:00 PM</td>
</tr>
<tr>
<td>IG LIVE (RAY) (SAT.)</td>
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</tbody>
</table>

**JUMP ROPE FITNESS**

- M2/3, 2:00-2:40 PM
- IG LIVE (CAMERON) (SUN.)

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**UCLArec**

[recreation.ucla.edu/events](https://recreation.ucla.edu/events)

REV: 3/8/21
FITZONE
WORKOUT DESCRIPTIONS*

AGILITY & CONDITIONING @ HOME
It can be done! All it takes is 8’x8’ clear area and some masking tape. Move, change directions, master challenging footwork patterns. Get your heart, brain, and athleticism pumping!

ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK
The Alexander Technique will help you release tension, stress and pain in the body while learning to create optimal posture and movement mechanics. Great for tips and guidance around working from home and at your desk.

ALL CORE
A quick but challenging workout entirely for the core (midline/torso/abs).

BBC - BOOTY, BACK, & CORE
This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight, bands and optional dumbbells.

BOOTCAMP WORKOUT (BODYWEIGHT)
This class uses your bodyweight and optional weights or common household objects to achieve a challenging full body workout. With long intervals and short breaks, this class will truly test your muscular endurance and cardiovascular stamina.

BOOTYCAMPS
Bootcamp for the core, hips, and legs!

BOXING FOR FITNESS
Segments of boxing mixed in with segments of conditioning for a fun, effective and challenging total body workout.

CORE DE FORCE
A mixed-martial arts inspired workout that focuses on core conditioning and dynamic movements. Modifications for every movement are provided making it suitable for various levels of ability and intensity. No equipment needed.

CORE YOGA FLOW
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DANCE CARDIO & CONDITIONING
A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

DEEP STRETCHING & RELAXATION
Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

HIIT
High Intensity Interval Training keeps the intensity up by featuring full body multi joint movements for a total body challenge. Optional weights and/or common household objects will be used.

JUMP ROPE FITNESS
Great cardio, coordination, and fun! Learn new patterns and drills to get the most out of your workout and keep it interesting!

KICKBOX FITNESS
Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

LOW IMPACT CARDIO
Perfect for the beginner exerciser or for those looking for a low impact cardio workout that gets your heart pumping.

MAT PILATES
Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

MIDDAY MOBILITY
Effective full body stretches and self myofascial release techniques that can be done wherever you are.

MIDDAY MOVEMENT ENERGISER
An energizing movement break including movement and stretching to uplifting music that will get you over the afternoon slump!

MORNING STRETCH & MAT PILATES
Ease into the day with a 15 minute Stretch and then 30 minutes of Pilates - a total body exercise regimen that increases strength and flexibility and helps to improve posture.

PIYO
The perfect combo of Yoga and Pilates based moves, set to upbeat music.

TOTAL BODY CHALLENGE
A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

ULTIMATE UPPER BODY & CARDIO
Meet Guts, Butts & Thighs’ sister. We gotta give the upper body some love too! Using weights or common household objects, we will challenge the chest, back, arms, and get in some cardio!

YOGA
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

*Classes vary each quarter