<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIIT</strong></td>
<td>M2/3, 12:00-12:35 PM</td>
<td>MORNING STRETCH &amp; MAT PILATES</td>
<td>CORE YOGA FLOW</td>
<td>MORNING STRETCH &amp; MAT PILATES</td>
<td>PIYO</td>
</tr>
<tr>
<td></td>
<td>IG LIVE (DANNY)</td>
<td>M2, 7:30-8:20 AM</td>
<td>L2, 7:00-7:55 AM</td>
<td>M2, 7:30-8:20 AM</td>
<td>M2, 12:10-12:50 PM</td>
</tr>
<tr>
<td><strong>ALL CORE</strong></td>
<td>M2/3, 12:45-1:00 PM</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS)</td>
<td>HIIT</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS)</td>
<td>IG LIVE (COURTNEY)</td>
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<td></td>
<td>IG LIVE (DANNY)</td>
<td>M2/3, 12:10-12:50 PM</td>
<td>M2/3, 12:00-12:35 PM</td>
<td>M2/3, 12:10-12:50 PM</td>
<td>IG LIVE (PETER S.)</td>
</tr>
<tr>
<td><strong>MIDDAY MOBILITY</strong></td>
<td>L1, 3:00-3:20 PM</td>
<td>MIDDAY MOVEMENT ENERGIZER (W/DUMBBELLS)</td>
<td>ALL CORE</td>
<td>MIDDAY MOBILITY</td>
<td>MIDDAY MOBILITY</td>
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<tr>
<td></td>
<td>FB LIVE (PETER S.)</td>
<td>M2/3, 12:10-12:50 PM</td>
<td>M2/3, 12:45-1:00 PM</td>
<td>(TENNIS OR LACROSSE BALL)</td>
<td>L1, 3:00-3:20 PM</td>
</tr>
<tr>
<td><strong>ULTIMATE UPPER BODY (W/DUMBBELLS) &amp; CARDIO</strong></td>
<td>L1/2, 5:10-5:50 PM</td>
<td>KICKBOX FITNESS</td>
<td>MIDDAY MOBILITY</td>
<td>MIDDAY MOBILITY</td>
<td>FB LIVE (ROB)</td>
</tr>
<tr>
<td></td>
<td>IG LIVE (CINDY)</td>
<td>M2/3, 5:10-5:50 PM</td>
<td>(TENNIS OR LACROSSE BALL)</td>
<td>(TENNIS OR LACROSSE BALL)</td>
<td>DEEP STRETCHING &amp; RELAXATION</td>
</tr>
<tr>
<td></td>
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<td>MAT PILATES</td>
<td>MIDDAY MOBILITY</td>
<td>FB LIVE (CINDY)</td>
<td>L1, 4:00-5:00 PM</td>
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<td></td>
<td>M2, 6:00-6:40 PM</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS)</td>
<td>FB LIVE (CINDY)</td>
<td>FB LIVE (ISABELLE)</td>
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<td></td>
<td></td>
<td>IG LIVE (PAM)</td>
<td>MIDDAY MOBILITY</td>
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</tbody>
</table>

*FITZONE CLASSES ARE FREE FOR STUDENTS, FACULTY & STAFF

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**FITZONES**

**WINTER INTERIM 2021 | MARCH 15 - MARCH 28 | NO CLASSES ON 3/26**

fitwell.recreation.ucla.edu/programs/fitzones
FITZONE WORKOUT DESCRIPTIONS*

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

CORE YOGA FLOW
A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

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.

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

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 ENERGIZER
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!

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
Facebook Live: facebook.com/uclarec

*Classes vary each quarter