<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>CORE YOGA FLOW L2, 8:00-8:55 AM ZOOM (TAYLOR)</td>
<td>GENTLE YOGA &amp; MOVING MEDITATIONS L1/2, 7:00-7:55 AM ZOOM (KATHY)</td>
<td>CORE YOGA FLOW L2, 7:00-7:55 AM IG LIVE (ABBY)</td>
<td>GENTLE YOGA &amp; MOVING MEDITATIONS L1/2, 7:00-7:55 AM ZOOM (KATHY)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)</td>
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<tr>
<td>DANCE CARDIO &amp; CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)</td>
<td>MORNING STRETCH &amp; MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)</td>
<td>CORE YOGA FLOW L2, 8:00-8:55 AM ZOOM (TAYLOR)</td>
<td>MORNING STRETCH &amp; MAT PILATES M2, 7:30-8:20 AM IG LIVE (COURTNEY)</td>
<td>PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)</td>
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<tr>
<td>CORE YOGA FLOW L2/3, 12:00-12:55 PM ZOOM (ISABELLE)</td>
<td>TAI CHI L1, 11:30 AM-12:15 PM ZOOM (PETER A.)</td>
<td>FUNCTIONAL YOGA L2/3, 12:00-12:55 PM ZOOM (ISABELLE)</td>
<td>TAI CHI L1, 11:30 AM-12:15 PM ZOOM (PETER A.)</td>
<td>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (ROB)</td>
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<tr>
<td>HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)</td>
<td>FUNCTIONAL YOGA L2/3, 12:00-12:55 PM ZOOM (TIFFANY)</td>
<td>HIIT M2/3, 12:00-12:35 PM IG LIVE (ROB)</td>
<td>FUNCTIONAL YOGA L2/1, 12:00-12:55 PM ZOOM (TIFFANY)</td>
<td>DEEP STRETCHING &amp; RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)</td>
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<tr>
<td>BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)</td>
<td>BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)</td>
<td>DANCE CARDIO M2, 12:10-12:50 PM IG LIVE (CINDY)</td>
</tr>
<tr>
<td>ALL CORE M2/3, 12:45-1:00 PM IG LIVE (DANNY)</td>
<td>DANCE CARDIO M2, 12:10-12:50 PM ZOOM (MEGHAN)</td>
<td>ALL CORE M2/3, 12:45-1:00 PM IG LIVE (ROB)</td>
<td>ALL CORE M2, 12:10-12:50 PM ZOOM (MEGHAN)</td>
<td>YOGA L1/2, 1:00-1:55 PM ZOOM (MANDY)</td>
</tr>
<tr>
<td>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (PETER S.)</td>
<td>YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)</td>
<td>MIDDAY MOBILITY (TENNIS OR LACROSSE BALL) L1, 3:00-3:20 PM FB LIVE (DANNY)</td>
<td>MIDDAY MOBILITY (TENNIS OR LACROSSE BALL) L1, 3:00-3:20 PM FB LIVE (DANNY)</td>
<td>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (CINDY)</td>
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<tr>
<td>ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)</td>
<td>MIDDAY MOVEMENT ENERGIZER L1, 3:00-3:20 PM FB LIVE (MANDY)</td>
<td>CARDIO YOGA SCULPT L2, 4:00-4:55 PM ZOOM (ISABELLE)</td>
<td>CARDIO YOGA SCULPT L2, 4:00-4:55 PM ZOOM (ISABELLE)</td>
<td>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (CINDY)</td>
</tr>
<tr>
<td>ULTIMATE UPPER BODY (W/DUMBBELLS) &amp; CARDIO L1/2, 5:10-5:50 PM IG LIVE (CINDY)</td>
<td>KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 4:00-4:40 PM IG LIVE (ELIZABETH)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 4:00-4:40 PM IG LIVE (ELIZABETH)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 4:00-4:40 PM ZOOM (ISABELLE)</td>
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<tr>
<td>KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)</td>
<td>MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)</td>
<td>ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)</td>
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**VIRTUAL (LIVE) DROP-IN FITNESS & YOGA**

**WINTER INTERIM 2021 | MARCH 15 - MARCH 28 | NO CLASSES ON 3/26**
VIRTUAL (LIVE) FITNESS & YOGA WORKOUT DESCRIPTIONS*

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

BOOTY KICKIN BARRE
Learn Ballet technique and dance conditioning movements through this workout using your own body weight plus a chair, counter, or wall mounted ballet barre to develop long dancer-like muscles. “It’s a kick” for the midline glutes and legs.

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

DANCE CARDIO
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!

DANCE CARDIO & CONDITIONING
Alternate between fun dance cardio choreography and total body conditioning with optional weights or common household objects.

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).

FUNCTIONAL YOGA
This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

GENTLE YOGA FLOW & MOVING MEDITATIONS
A blend of yoga poses and rhythmic movement sequences that are gentle on the body and thoroughly mobilize and energize you for the day.

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 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.

TAI CHI
The ultimate purpose of tai chi is cultivate the qi or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

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.

YOGA SCULPT
Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let’s sweat!

ZOOMBA
A fun dance cardio workout incorporating a variety of dance styles, movements and music from around the world. Enjoy getting a cardiovascular endurance workout while having fun just dancing it out!

Get Started with a Virtual/In-Person Fitness Pass
All Drop-in Fitness & Yoga classes require a Fitness Pass.
Unlimited use for one quarter.
Cost:
Free for enrolled students
$25/quarter for Faculty & Staff
Get your Fitness Pass at:
secure.recreation.ucla.edu

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