

FITZONES IN-PERSON DROP-IN FITNESS & YOGA

FALL 2026 | SEPTEMBER 28 - DECEMBER 11 | NO CLASSES ON 11/11 AND 11/26 - 11/29

*CLASSES ARE SUBJECT TO CHANGE. OUTDOOR CLASSES CANCELED IN INCLEMENT WEATHER CONDITIONS (RAIN, EXTREME HEAT, ETC).
WHEN POSSIBLE, EMAIL NOTICES ARE SENT TO COMMUNICATE CHANGES AND CANCELATIONS. **PLEASE READ IMPORTANT NOTES SECTION BELOW**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & CONDITIONING 1:00-2:00 PM WILSHIRE CENTER SUITE 130 (SARAH-TURAN)	TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	YOGA FLOW & RELAXATION 11:00-11:55 AM WILSHIRE CENTER SUITE 130 (DAN)	TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	ALEXANDER TECHNIQUE 10:00-10:55 AM WILSHIRE CENTER SUITE 130 (KOSTA)
DANCE CARDIO PARTY 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (JASMINE)	YOGA FLOW 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (MARQUITA)	STRENGTH & CONDITIONING 1:00-2:00 PM WILSHIRE CENTER SUITE 130 (SARAH-TURAN)	TAI CHI 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	ALEXANDER TECHNIQUE 11:00-11:55 AM WILSHIRE CENTER SUITE 130 (KOSTA)
	YOGA STRETCH & CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	DANCE CARDIO PARTY 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (ASHLEY)		STRENGTH & CONDITIONING 1:00-2:00 PM WILSHIRE CENTER SUITE 130 (SARAH-TURAN)
	TAI CHI L1, 3:30-4:15 PM WILSHIRE CENTER SUITE 130 (MICHAEL)	Wilshire Center classes: Wilshire Center classes are located at 10920 Wilshire Blvd.		
	TAI CHI L1, 5:30-6:30 PM KAPLAN HALL 278 (MICHAEL)	Directions to CHS/Semel 8th floor rooftop patio: The "H" elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance. Take "H" elevators to 7th floor and use stairwell to get all the way up to 8th floor (only one of the six "H" elevators goes all the way up to the 8th floor). Then find door out to the rooftop patio.		

FITZONES VIRTUAL DROP-IN FITNESS & YOGA

FALL 2026 | SEPTEMBER 28 - DECEMBER 12 | NO CLASSES ON 11/11 AND 11/26 - 11/28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (KC)	STRENGTH & BALANCE FOR HEALTHY AGING L1, 10:00-10:55 AM ZOOM (ROB & KC)	TOTAL BODY CHALLENGE M2, 11:30 AM-12:30 PM ZOOM (JACINTA)	STRENGTH & BALANCE FOR HEALTHY AGING L1, 10:00-10:55 AM ZOOM (ROB & KC)	TOTAL BODY CHALLENGE M2, 11:30 AM-12:30 PM ZOOM (JACINTA)
TOTAL BODY CHALLENGE M2, 11:30 AM-12:30 PM ZOOM (JACINTA)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	FITBREAK 1:00-1:15 PM ZOOM (IKU)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	FITBREAK 1:00-1:15 PM ZOOM (IKU)
YOGA FOR STRENGTH & MOBILITY L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	BRUIN MINDFIT L1/2, 12:00-1:00 PM STARTS ON 10/13 *ADDITIONAL REGISTRATION REQUIRED (ISABELLE)	DANCE CARDIO & CONDITIONING M2, 1:15-2:00 PM ZOOM (IKU)	BRUIN MINDFIT L1/2, 12:00-1:00 PM STARTS ON 10/13 *ADDITIONAL REGISTRATION REQUIRED (ISABELLE)	DANCE CARDIO & CONDITIONING M2, 1:15-2:00 PM ZOOM (IKU)
DANCE CARDIO PARTY M2, 6:10-6:55 PM ZOOM (MEGHAN)	CHAIR YOGA L1, 1:00-1:30 PM ZOOM (STEPHANIE)	FITBREAK MOVEMAIL LIVE 2:05-2:15 PM ZOOM (LIZ)	YOGA FLOW & RELAXATION L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	YOGA DEEP STRETCH & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)
	YOGA FOR STRENGTH & MOBILITY L1, 1:30-2:00 PM ZOOM (STEPHANIE)	DANCE CARDIO FUN & FLOW M2, 4:30-5:25 PM ZOOM (CATHY)	CHAIR YOGA L1, 2:00-2:30 PM ZOOM (STEPHANIE)	
				SATURDAY
				FUNCTIONAL & RESTORATIVE YOGA L2, 10:00-11:00 AM ZOOM (TIFFANY)

Important Notes

*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: secure.recreation.ucla.edu under Purchase Memberships.

*Once registered, check your email for a confirmation receipt. Scroll to the bottom of the email to find schedule link. Schedule link will route you to a pdf schedule with Zoom info for all of the classes.

YOGA FLOW & RELAXATION
 L1/2, 5:00-6:00 PM
 ZOOM (STEPHANIE)

DANCE CARDIO PARTY
 M2, 5:00-6:00 PM
 ZOOM (ASHLEY K.)

*Schedule subject to change.
Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

Workout Intensity Levels

Complexity of Choreography
 L Low M Medium H High
Exercise Intensity
 1 Low 2 Medium 3 High



fitwell.recreation.ucla.edu/programs/fitzones

Instagram Live:
[instagram.com/uclarec](https://www.instagram.com/uclarec)

Facebook Live:
[facebook.com/uclarec](https://www.facebook.com/uclarec) REV: 9/26

• • FITZONES WORKOUT DESCRIPTIONS*

ALEXANDER TECHNIQUE

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

CHAIR YOGA

A gentle yoga flow mostly done while sitting in a chair and utilizing a desk or table. For some movements standing will be optional. Modifications provided for all abilities.

DANCE CARDIO & CONDITIONING

A fun dance cardio workout integrated with conditioning exercises like squats, lunges, push-ups and more. Enjoy easy to follow dance choreography in a variety of styles to a wide range of fun music hits!

DANCE CARDIO PARTY

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!

DESTRESS DANCE FLOW

Release stress and have fun dancing! Easy-to-follow moves combined with segments of free-form flow to inspiring music. Emote, express, and uplift your spirits through somatic movement and dance. This will help you unkink stuck energy in the joints and muscles, help you feel and express emotions, and consequently create flow through your meridians and chakra centers so you can feel refreshed, clear, and more fully connected to your life force energy.

FITBREAK

Fit Breaks are short movement breaks designed to help you re-energize, stretch tight muscles, alleviate tension from repetitive movements, and connect with your body. Relieve stress, Increase mobility, and improve mood with movement! Perfect for boosting team camaraderie while helping everyone stay healthy and active during the work week.

FUNCTIONAL & RESTORATIVE YOGA

is an accessible, anatomy-driven practice that prioritizes how a pose feels over how it looks. It adapts traditional yoga postures to fit your unique bone structure and movement patterns, building strength, mobility, and body awareness to help you move through daily life with greater ease. This class will help you to improve strength, flexibility, and stability through various poses and end in a segment of rest and relaxation.

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.

STRENGTH AND BALANCE FOR HEALTHY AGING

is designed to improve mobility, balance, and coordination while also improving core, upper, and lower-body strength. These classes are tailored specifically for older adults and feature accessible, low-impact movements that can usually be performed either sitting or standing. Each class will train the core and lower body to enhance posture, coordination, and body awareness. There will also be gentle stretching to improve range of motion. During class, please bring your own resistance bands or dumbbells to use for some of the exercises.

STRENGTH AND CONDITIONING

This full-body strength class is designed to challenge every muscle in your body with expert coaching and a motivating atmosphere with energizing music. Various equipment like dumbbells and resistance tubes will be utilized. Whether you're a beginner or a more experienced exerciser, you'll leave feeling stronger, more confident, and ready to crush your goals for your health and life.

TAI CHI & QI GONG

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!

YOGA DEEP STRETCH & 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).

YOGA FLOW & RELAXATION

A hatha vinyasa yoga class that includes segments of flow for strength and flexibility while also including gentle, restorative segments and poses for whole body relaxation. Class will also integrate mindfulness practices for increased mind-body awareness and centering.

YOGA FOR STRENGTH & MOBILITY

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Great for increasing flexibility while also improving muscular strength and endurance.

