## FITZONES IN-PERSON DROP-IN FITNESS & YOGA
**SUMMER 2023 | JUNE 26 — SEPTEMBER 15 | NO CLASSES ON 7/3, 7/4, AND 9/4**

*CLASSES ARE SUBJECT TO CHANGE. OUTDOOR CLASSES CANCELED IN INCLEMENT WEATHER CONDITIONS (RAIN, EXTREME HEAT, ETC).*

**PLEASE READ IMPORTANT NOTES SECTION BELOW**

### MONDAY
- **FIT SPORTS: BASKETBALL**
  - M2, 12:00-1:00 PM
  - COLLINS COURT, JWC

- **YOGA FLOW**
  - 11:30 AM-12:15 PM
  - WILSHIRE CENTER SUITE 130 (BRENDA)

- **FITBREAK**
  - 12:15-12:30 PM
  - WILSHIRE CENTER SUITE 130 (BRENDA)

- **TOTAL BODY WORKOUT**
  - 12:30-1:25 PM
  - WILSHIRE CENTER SUITE 130 (BRENDA)

- **TAI CHI**
  - *SUMMER SESSION C ONLY (8/7-9/15)
  - L1, 5:30-6:30 PM
  - KAPLAN HALL 1ST FLOOR
  - COFFEE LOUNGE BACKUP LOCATION: KAPLAN 212 (MICHAEL)

*Fit Sports:
Fit Sports are co-ed pick-up games available to UCLA staff and faculty for some mid-workday fun. For any questions about Fit Sports please see contact info below:
For soccer email fitsoccer@lists.ucla.edu
For basketball email suzpark@support.ucla.edu

Wilshire Center classes:
Wilshire Center classes are located at 10920 Wilshire Blvd.

### SATURDAY
- **DANCE CARDIO PARTY**
  - *ONLY AUGUST 7-SEPT 11
  - M2, 6:10-6:50 PM
  - ZOOM (MEGHAN)

### IMPORTANT NOTES

*To receive Zoom Meeting IDs and Passcodes, you must register for the FREE FitZones membership at: secure.recreation.ucla.edu under the Memberships & Passes section of the online store.

*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 pdf schedule with Zoom info for all of the classes.

*Save schedule link and check for live updates throughout the quarter.

*Schedule subject to change. Email notices sent to announce changes.

**REV: 7/23**

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## FITZONES VIRTUAL DROP-IN FITNESS & YOGA
**SUMMER 2023 | JUNE 26 — SEPTEMBER 16 | NO CLASSES ON 7/3, 7/4, AND 9/4**

**FITZONES VIRTUAL** DROP-IN FITNESS & YOGA

### MONDAY
- **FITBREAK**
  - MOVEMAIL LIVE
  - 9:45-10:00 AM
  - ZOOM (KC)

- **YOGA**
  - L1/2, 5:00-6:00 PM
  - ZOOM (STEPHANIE)

- **DANCE CARDIO PARTY**
  - *ONLY AUGUST 7-SEPT 11
  - M2, 6:10-6:50 PM
  - ZOOM (MEGHAN)

### TUESDAY
- **GENTLE YOGA & MOVING MEDITATIONS**
  - L1/2, 7:00-8:00 AM
  - ZOOM (KATHY)

- **TAI CHI & QI GONG**
  - L1, 11:30 AM-12:30 PM
  - ZOOM (PETER A.)

- **CHAIR YOGA FOR THE OFFICE**
  - L1, 12:00-1:00 PM
  - ZOOM (KATHY M.)

- **MAT PILATES**
  - M2/3, 5:10-5:50 PM
  - ZOOM (PETER S.)

### WEDNESDAY
- **YOGA**
  - L1/2, 12:00-1:00 PM
  - ZOOM (STEPHANIE)

- **DANCE CARDIO & CONDITIONING**
  - M2, 12:10-12:50 PM
  - ZOOM (IKU)

- **CHAIR YOGA**
  - L1/2, 12:00-1:00 PM
  - ZOOM (STEPHANIE)

- **MAT PILATES**
  - M2/3, 6:10-6:50 PM
  - INSTAGRAM LIVE @UCLAREC (PAM)

### THURSDAY
- **GENTLE YOGA & MOVING MEDITATIONS**
  - L1/2, 8:00-9:00 AM
  - ZOOM (KATHY)

- **TAI CHI & QI GONG**
  - L1, 11:30 AM-12:30 PM
  - ZOOM (PETER A.)

- **CHAIR YOGA**
  - L1/2, 12:00-1:00 PM
  - ZOOM (STEPHANIE)

- **DANCE CARDIO & CONDITIONING**
  - M2, 1:00-2:00 PM
  - ZOOM (STEPHANIE)

### FRIDAY
- **DANCE CARDIO & CONDITIONING**
  - M2, 12:10-12:50 PM
  - ZOOM (IKU)

- **FITBREAK**
  - 1:00-1:15 PM
  - ZOOM (IKU)

- **DEEP STRETCHING & RELAXATION**
  - L1, 4:00-5:00 PM
  - ZOOM (ISABELLE)

**Functional Yoga**

- **L2, 9:30-10:30 AM**
  - ZOOM (Tiffany)

### SATURDAY
- **Functional Yoga**
  - L2, 9:30-10:30 AM
  - ZOOM (Tiffany)

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## Choose Your Workout

<table>
<thead>
<tr>
<th>Complexity of Choreography</th>
<th>Exercise Intensity</th>
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</thead>
<tbody>
<tr>
<td>L Low</td>
<td>1 Low</td>
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<tr>
<td>M Medium</td>
<td>2 Medium</td>
</tr>
<tr>
<td>H High</td>
<td>3 High</td>
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</tbody>
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Instagram Live: instagram.com/uclarec
Facebook Live: facebook.com/uclarec
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 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!

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!

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).

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 comradery while helping everyone stay healthy and active during the work week.

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 & CREATIVE EXPRESSION
Gentle Yoga & Creative Expression has a foundation in meditative Hatha yoga. Expressive drawing, creative movement, and writing facilitate exploration, discovery, healing, and celebration in the sacred space we create together.

GENTLE YOGA & 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.

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.

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.

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