# VIRTUAL ONLY GROUP X PASS

**FALL 2021 | SEPTEMBER 27 - DECEMBER 5 | NO CLASSES 11/11, AFTER 2PM ON 11/24, 11/25 - 11/28**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DANCE CARDIO &amp; CONDITIONING</strong>&lt;br&gt;M2, 11:10-11:50 AM&lt;br&gt;ZOOM (IKU)</td>
<td><strong>GENTLE YOGA &amp; MOVING MEDITATIONS</strong>&lt;br&gt;L1/2, 7:00-8:00 AM&lt;br&gt;ZOOM (KATHY)</td>
<td><strong>DANCE CARDIO &amp; CONDITIONING</strong>&lt;br&gt;M2, 11:10-11:50 AM&lt;br&gt;ZOOM (IKU)</td>
<td><strong>GENTLE YOGA &amp; MOVING MEDITATIONS</strong>&lt;br&gt;L1/2, 7:00-8:00 AM&lt;br&gt;ZOOM (KATHY)</td>
<td><strong>CHAKRA YOGA FLOW &amp; MEDITATION</strong>&lt;br&gt;M2, 10:00-11:15 AM&lt;br&gt;ZOOM (MONA)</td>
</tr>
<tr>
<td><strong>CORE DE FORCE</strong>&lt;br&gt;M2, 12:00-12:45 PM&lt;br&gt;IC LIVE (COURTNEY)</td>
<td><strong>OFFICE/DESK YOGA (WITH A CHAIR)</strong>&lt;br&gt;L1, 9:00-10:00 AM&lt;br&gt;ZOOM (KATHY)</td>
<td><strong>CHAKRANUNI</strong>&lt;br&gt;L1, 3:10-3:50 PM&lt;br&gt;ZOOM (AMBER)</td>
<td><strong>TAI CHI &amp; QI GONG</strong>&lt;br&gt;L1, 11:30 AM-12:30 PM&lt;br&gt;ZOOM (PETER A.)</td>
<td><strong>DANCE CARDIO &amp; CONDITIONING</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;ZOOM (MEGHAN)</td>
</tr>
<tr>
<td><strong>TOTAL BODY CHALLENGE</strong>&lt;br&gt;L1/2, 5:15-6:15 PM&lt;br&gt;ZOOM (JACINTA)</td>
<td><strong>TAI CHI &amp; QI GONG</strong>&lt;br&gt;L1, 11:30 AM-12:30 PM&lt;br&gt;ZOOM (PETER A.)</td>
<td><strong>CHAIR YOGA</strong>&lt;br&gt;L1, 3:10-3:50 PM&lt;br&gt;ZOOM (MARCO)</td>
<td><strong>DANCE CARDIO PARTY</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;ZOOM (MEGHAN)</td>
<td><strong>ALEXANDER TECHNIQUE</strong>&lt;br&gt;L1, 11:30-11:45 AM&lt;br&gt;FB LIVE (KOSTA)</td>
</tr>
<tr>
<td><strong>MINDBODY MOBILITY</strong>&lt;br&gt;L1, 6:00-7:00 PM&lt;br&gt;ZOOM (SHAWN)</td>
<td><strong>DANCE CARDIO PARTY</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;ZOOM (AMANDY)</td>
<td><strong>BOOTY KICKIN BARRE</strong>&lt;br&gt;M2, 3:30-4:15 PM&lt;br&gt;ZOOM (AMBER)</td>
<td><strong>BOOTY KICKIN BARRE</strong>&lt;br&gt;M2, 5:00-5:45 PM&lt;br&gt;ZOOM (PAM)</td>
<td><strong>INTRO TO ALEXANDER TECHNIQUE</strong>&lt;br&gt;L1, 12:00-1:00 PM&lt;br&gt;ZOOM (KOSTA)</td>
</tr>
<tr>
<td><strong>ZOOMBA DANCE CARDIO PARTY</strong>&lt;br&gt;M2, 7:10-7:50 PM&lt;br&gt;ZOOM (MEGHAN)</td>
<td><strong>YOGA</strong>&lt;br&gt;L1/2, 1:00-2:00 PM&lt;br&gt;ZOOM (STEPHANIE)</td>
<td><strong>RESTORATIVE YOGA</strong>&lt;br&gt;L1, 4:30-6:00 PM&lt;br&gt;ZOOM (MONA)</td>
<td><strong>FUNCTIONAL YOGA</strong>&lt;br&gt;L1/2, 5:00-6:00 PM&lt;br&gt;ZOOM (TIFFANY)</td>
<td><strong>PIYO</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;IG LIVE (COURTNEY)</td>
</tr>
<tr>
<td><strong>FUNCTIONAL YOGA</strong>&lt;br&gt;L1/2, 5:00-6:00 PM&lt;br&gt;ZOOM (TIFFANY)</td>
<td><strong>GENTLE YOGA &amp; CREATIVE EXPRESSION</strong>&lt;br&gt;L1, 4:00-5:30 PM&lt;br&gt;ZOOM (MONA)&lt;br&gt;(NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)</td>
<td><strong>MIXTAPE YOGA</strong>&lt;br&gt;M2, 3:00-4:00 PM&lt;br&gt;ZOOM (MARCO)</td>
<td><strong>FUNCTIONAL YOGA</strong>&lt;br&gt;L1/2, 5:00-6:00 PM&lt;br&gt;ZOOM (TIFFANY)</td>
<td><strong>LAUGHTER YOGA</strong>&lt;br&gt;L1, 1:00-1:30 PM&lt;br&gt;ZOOM (COURTNEY)</td>
</tr>
<tr>
<td><strong>MAT PILATES</strong>&lt;br&gt;M2, 4:30-5:20 PM&lt;br&gt;FB LIVE (PETER S.)</td>
<td><strong>FLEXIBILITY &amp; STRENGTH</strong>&lt;br&gt;L1/2, 1:00-2:00 PM&lt;br&gt;ZOOM (JACINTA)</td>
<td><strong>TIK TIK DANCE CHALLENGE</strong>&lt;br&gt;M2, 6:10-6:30 PM&lt;br&gt;ZOOM (MEGHAN)</td>
<td><strong>DANCE IT OUT</strong>&lt;br&gt;M2, 5:10-5:50 PM&lt;br&gt;ZOOM (ERIC)</td>
<td><strong>DEEP STRETCHING &amp; RELAXATION</strong>&lt;br&gt;L1, 4:00-5:00 PM&lt;br&gt;ZOOM (ISABELLE)</td>
</tr>
<tr>
<td><strong>FUNCTIONAL YOGA</strong>&lt;br&gt;L1/2, 5:00-6:00 PM&lt;br&gt;ZOOM (TIFFANY)</td>
<td><strong>KICKBOX FITNESS</strong>&lt;br&gt;M2/3, 5:30-6:20 PM&lt;br&gt;FB LIVE (PETER S.)</td>
<td><strong>ZOOMBA DANCE CARDIO PARTY</strong>&lt;br&gt;M2, 7:10-7:50 PM&lt;br&gt;ZOOM (MEGHAN)</td>
<td><strong>TOTAL BODY CHALLENGE</strong>&lt;br&gt;L1/2, 5:15-6:15 PM&lt;br&gt;ZOOM (JACINTA)</td>
<td><strong>AFROBEAT YOGA</strong>&lt;br&gt;L1/2, 6:00-7:00 PM&lt;br&gt;ZOOM (CHIOMA)</td>
</tr>
<tr>
<td><strong>YOGA FLOW</strong>&lt;br&gt;L1/2, 6:00-7:00 PM&lt;br&gt;ZOOM (CHIOMA)</td>
<td><strong>TRANSCENDANCE™</strong>&lt;br&gt;L1/2, 6:30-7:30 PM&lt;br&gt;ZOOM (MANDY)</td>
<td><strong>DEEP STRETCHING &amp; RELAXATION</strong>&lt;br&gt;L1/2, 5:00-6:00 PM&lt;br&gt;ZOOM (JACINTA)</td>
<td><strong>MAT PILATES</strong>&lt;br&gt;M2, 6:00-6:40 PM&lt;br&gt;IC LIVE (PAM)</td>
<td><strong>MAT PILATES</strong>&lt;br&gt;M2, 6:00-6:40 PM&lt;br&gt;IC LIVE (PAM)</td>
</tr>
</tbody>
</table>

---

**Choose Your Workout**

<table>
<thead>
<tr>
<th>Complexity of Choreography</th>
<th>Exercise Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Medium</td>
<td>Medium</td>
</tr>
<tr>
<td>High</td>
<td>High</td>
</tr>
</tbody>
</table>

**Instagram Live:**
- instagram.com/uclarec

**Facebook Live:**
- facebook.com/uclarec

---

**Get Started with a Virtual Only Fitness Pass**

All Drop-in Fitness & Yoga classes require a Fitness Pass. Unlimited use for one quarter.

Cost: $30/quarter

Get your Fitness Pass at:
secure.recreation.ucla.edu
AFROBEAT YOGA
Afrobeat Yoga focuses sacral chakra movement set to Afrobeat music to help nurture a sense of groundedness and play. During each yoga class students arrive at a state of comfort and ease with a combination of yummy long-held stretches & a strong Vinyasa practice focused on alignment and generating heat from the core. Ends with sivasana and a facilitated embodiment meditation for stress management.

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.

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.

CARDIO 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!

CHAIR YOGA
A gentle yoga flow all done while sitting. Modifications provided for all abilities.

CHAKRA YOGA FLOW & MEDITATION
Involves Hatha yoga journeying through the seven major energy centers as a map to facilitate balance, groundedness, and inspiration along with a deeper sense of wholeness.

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.

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!

DANCE IT OUT®
Dance It Out® is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance. Dance It Out® is a non-judgmental supportive environment where students of all fitness levels, ages, shapes and sizes have the time of their lives while getting fit.

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).

ECSTATIC DANCE PARTY
Let the movement set you free! Enjoy this fun, free-form dance party to immersive sound journeys. It’s a substance-free, all ages community celebration where you can simply BE yourself, and experience rejuvenation and inspiration through connection, dance & music.

FUNCTIONAL YOGA
This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while supporting 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.

GYROKINESIS
Gyrokinetics is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath and mental focus. (Chair and mat required).

HIP HOP GROOVES
Learn fun, beginner friendly hip hop routines and groove for 60 minutes of cardio, choreography and community!

INTRO TO ALEXANDER TECHNIQUE DROP-IN
Release stress tension and pain in the body while learning optimal posture and movement mechanics. Un-learn bad habits you’ve formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body’s optimal alignment and movement patterns.

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

LAUGHTER YOGA
Laughter Yoga is combination of deep breathing exercises from yoga and laughter exercises, which oxygenates our body and brain, makes us feel more healthy and energetic. No traditional yoga poses, just laughter and breath.

MINDBODY MOBILITY
MindBody Mobility is designed to help you increase range of motion and become pain free by a series of movements, breathing techniques, and vision exercises to help stimulate and activate different parts of the brain. You will become more aware of your body and notice a more calming presence through this mindful practice.

MIXTAPE YOGA & CHILL
A dynamic flow of mindful movements curated with a soundtrack of today’s Hip-Hop & R&B and throwbacks that will transform, stretch, and restore your body from the inside-out.

OFFICE/DESK 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.

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

RESTORATIVE YOGA & MEDITATION
Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being and resilience. It rebalances our energy and helps to release tension on a physical, mental, and emotional level.

TIK TOK DANCE CHALLENGE
Have a blast learning fun, short dance routines as seen on TikTok. Instructor will choose popular routines of TikTok to break down the moves and teach them step by step so you can master your favorite TikTok moves.

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.

TRANSCENDANCE™
TRANSCENDANCE™ is a powerful fusion of: relaxing stretching, deep breathing, fun free-form movement positive-mindset training, embodiment coaching, and life empowerment.

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

ZOOMBA DANCE CARDIO PARTY
A fun dance cardio workout on Zoom 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!