

VIRTUAL ONLY GROUP X PASS

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

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

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

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](https://www.instagram.com/uclarec)

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

• • VIRTUAL GROUPX PASS WORKOUT DESCRIPTIONS*

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 to 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 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.

GYROKINESIS

Gyrokinesis 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.

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.

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 Tik Tok. Instructor will choose popular routines off of Tik Tok break down the moves and teach them step by step so you can master your favorite Tik Tok 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!