## 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
- **Dance Cardio & Conditioning**
  - M2, 11:10-11:50 AM
  - ZOOM (IKU)
- **Core De Force**
  - M2, 12:00-12:45 PM
  - IG Live (COURTNEY)
- **Total Body Challenge**
  - L1/2, 5:15-6:15 PM
  - ZOOM (JACINTA)
- **MindBody Mobility**
  - L1, 6:00-7:00 PM
  - ZOOM (SHAWN)
- **Zoomba Dance Cardio Party**
  - M2, 7:10-7:50 PM
  - ZOOM (MEGHAN)

### Tuesday
- **Gentle Yoga & Moving Meditations**
  - L1/2, 7:00-7:40 AM
  - ZOOM (KATHY)
- **Office/Desk Yoga (With a Chair)**
  - L1, 9:00-10:00 AM
  - ZOOM (KATHY)
- **Tai Chi & Qi Gong**
  - L1, 11:30 AM-12:30 PM
  - ZOOM (PETER A.)
- **Dance Cardio Party**
  - M2, 12:10-12:50 PM
  - ZOOM (Mandy)
- **Yoga**
  - L1/2, 1:00-2:00 PM
  - ZOOM (AMANDY)

### Wednesday
- **Dance Cardio & Conditioning**
  - M2, 11:10-11:50 AM
  - ZOOM (KATHY)
- **Circuit Training**
  - ZOOM (IKU)
- **Chair Yoga**
  - L1, 1:10-2:50 PM
  - ZOOM (MARCO)
- **Booty Kickin Barre**
  - M2, 3:30-4:15 PM
  - ZOOM (MEGAN)
- **Yoga**
  - L1/2, 1:00-2:00 PM
  - ZOOM (STEPHANIE)

### Thursday
- **Dance Cardio & Conditioning**
  - L1/2, 7:00-7:40 AM
  - ZOOM (KATHY)
- **Tai Chi & Qi Gong**
  - L1, 11:30 AM-12:30 PM
  - ZOOM (PETER A.)
- **Dance Cardio Party**
  - M2, 12:10-12:50 PM
  - ZOOM (MEGAN)
- **Yoga**
  - L1/2, 1:00-2:00 PM
  - ZOOM (MEGAN)
- **Intro to Alexander Technique**
  - L1, 12:00-12:45 PM
  - IG Live (COURTNEY)

### Friday
- **Chakra Yoga Flow & Meditation**
  - M2, 10:00-11:15 AM
  - ZOOM (IKU)
- **Dance Cardio & Conditioning**
  - M2, 12:10-12:50 PM
  - ZOOM (IKU)
- **Alexander Technique**
  - L1, 11:30-11:45 AM
  - FB Live (KOSTA)

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**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**

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<thead>
<tr>
<th>Complexity of Choreography</th>
<th>Exercise Intensity</th>
<th>Instagram Live:</th>
<th>Facebook Live:</th>
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**Instagram Live:**

- @uclarec

**Facebook Live:**

- @facebook.com/uclarec

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** Vampire: Schedule subject to change.**

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[Rec Center Website] recreation.ucla.edu/groupx
AFROBEAT YOGA
Afrobeat Yoga focuses on the chakra movement set to Afrobeats music to help nurture a sense of groundedness and play. Enjoy a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

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.

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.

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 a 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.

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.

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 & 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.

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