

IN-PERSON GROUPX YOGA & FITNESS PASS

SPRING 2024 | FINALS WEEK | JUNE 10 - 14

UNLIMITED ACCESS TO DROP-IN TO ANY CLASS ON THE GROUPX SCHEDULE AS OFTEN AS YOU LIKE ALL QUARTER LONG.

RESERVATIONS FOR EACH CLASS OCCURRENCE RECOMMENDED BUT NOT REQUIRED. GO TO **SECURE.RECREATION.UCLA.EDU** TO SAVE YOUR SPOT FOR EACH CLASS.

RESERVATIONS FOR EACH CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE A CLASS OCCURS ON A WEEK-TO-WEEK BASIS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DESTRESS YOGA FLOW L1/2, 11:00 AM-12:00 PM DYNASTY ROOM, JWC (ISABELLE)	TOTAL BODY YOGA L2, 9:30-10:30 AM DYNASTY ROOM, JWC (MARQUITA)	HATHA VINYASA FLOW L2/3, 9:30-10:30 AM DYNASTY ROOM, JWC (ASHLEY)	HIP HOP GROOVES M3, 3:00-4:00 PM PYRAMID ROOM, JWC (BRYAN)	POWER YOGA FLOW M2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (ASHLEY)
YOGA SCULPT L2/3, 12:05-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	MAT PILATES M2, 10:00-11:00 AM PYRAMID ROOM, JWC (MARY)	MAT PILATES M2, 10:00-11:00 AM PYRAMID ROOM, JWC (MARY)	DANCE CARDIO PARTY M3, 5:20-6:20 PM GOLD ROOM, JWC (CAMMY)	
TOTAL BODY CHALLENGE L2/3, 2:00-3:00 PM PYRAMID ROOM, JWC (BRENDA)	TOTAL BODY YOGA & SOUND BATH L1, 10:45-11:45 AM DYNASTY ROOM, JWC (MARQUITA)	YOGA FLOW & RELAXATION L1, 12:00-1:00 PM DYNASTY ROOM, JWC (ASHLEY)	YOGA & SOUND BATH L1/2, 7:00-8:15 PM DYNASTY ROOM, JWC (ASHLEY)	
CORE VINYASA FLOW L1/2, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	VXN DANCE CARDIO H3, 4:00-5:00 PM DYNASTY ROOM, JWC (LIZ)	POWER YOGA + SCULPT M2, 4:00-5:00 PM DYNASTY ROOM, JWC (ANNABEL)		
WORLDANZ M2/3, 5:05-6:05 PM DYNASTY ROOM, JWC (ALIYA)	HATHA VINYASA FLOW L2, 6:25-7:25 PM PYRAMID ROOM, JWC (SOPHIE)	DANCE CARDIO PARTY M3, 5:15-6:15 PM GOLD ROOM, JWC (LAURA)		
		SPIN L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)		

Important Notes

**Go to recreation.ucla.edu/groupx for more detailed information regarding the GroupX pass.*

**Schedule subject to change.
Email notifications sent out for class cancellations and updates.*

**Yoga mats not provided.*

**View refund policies at: recreation.ucla.edu/member-services.*

*Cost: \$45/quarter
Purchase required for participation.*



Workout Intensity Levels

Complexity of Choreography

L Low **M** Medium **H** High

Exercise Intensity

1 Low **2** Medium **3** High

• • IN-PERSON GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS*

CORE VINYASA FLOW (1/2)

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

CORE VINYASA FLOW (2/3)

Core Vinyasa Flow 2/3 is for participants who want to take their practice to the next level. This is a hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

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 YOGA FLOW

A Yoga vinyasa class focused on breath, fluid movement and meditation. You will release stress & anxieties, calm your mind and rejuvenate your body. You will also learn secrets and techniques for everyday stress reduction.

HATHA VINYASA FLOW

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Pairing poses “asanas” with breathing techniques “pranayama,” this class is slightly slower paced and focused on proper alignment.

HIP HOP GROOVES

A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

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.

POWER YOGA FLOW

Power Yoga Flow is an energetic, fast-paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Participants will have the opportunity to practice more advanced postures, a core series, and deeper variations.

POWER YOGA + SCULPT

Power Yoga Flow is an energetic, fast-paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Participants will have the opportunity to practice more advanced postures, a core series, and deeper variations.

SPIN

Spin is a cycling class on a stationary bike designed to accommodate all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

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!

TOTAL BODY YOGA

A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation.

TOTAL BODY YOGA & SOUND BATH

A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation with a crystal bowl sound bath.

VXN DANCE CARDIO

VXN is a performance-inspired dance fitness workout designed to empower all. We use trending choreography and bold remixes to burn calories while channeling your inner diva. Get ready to dance to hip-hop, pop, and reggaeton. No previous dance experience required.

WORLDANZ

Have fun and get a good workout with this follow-along cardio dance class! Worldanz offers a compelling range of dance forms and musical styles from around the world. Everyone is welcome; no previous dance experience required.

YOGA FLOW & RELAXATION

Similar to Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

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!