**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](http://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.

**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.

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><strong>Destress Yoga Flow</strong>&lt;br&gt;L1/2, 11:00 AM-12:00 PM&lt;br&gt;Dynasty Room, JWC (Isabelle)</td>
<td><strong>Total Body Yoga</strong>&lt;br&gt;L2, 9:30-10:30 AM&lt;br&gt;Dynasty Room, JWC (Marquita)</td>
<td><strong>Hatha Vinyasa Flow</strong>&lt;br&gt;L2/3, 9:30-10:30 AM&lt;br&gt;Dynasty Room, JWC (Ashley)</td>
<td><strong>Hip Hop Grooves</strong>&lt;br&gt;M3, 3:00-4:00 PM&lt;br&gt;Pyramid Room, JWC (Bryan)</td>
<td><strong>Power Yoga Flow</strong>&lt;br&gt;M2/3, 12:00-1:00 PM&lt;br&gt;Dynasty Room, JWC (Ashley)</td>
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<td>Yoga Sculpt&lt;br&gt;L2/3, 12:00-1:00 PM&lt;br&gt;Dynasty Room, JWC (Isabelle)</td>
<td>Mat Pilates&lt;br&gt;M2, 10:00-11:00 AM&lt;br&gt;Pyramid Room, JWC (Mary)</td>
<td>Mat Pilates&lt;br&gt;M2, 10:00-11:00 AM&lt;br&gt;Pyramid Room, JWC (Mary)</td>
<td>Dance Cardio Party&lt;br&gt;M3, 5:20-6:20 PM&lt;br&gt;Gold Room, JWC (Cammy)</td>
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<td><strong>Total Body Challenge</strong>&lt;br&gt;L2/3, 2:00-3:00 PM&lt;br&gt;Pyramid Room, JWC (Brenda)</td>
<td><strong>Total Body Yoga &amp; Sound Bath</strong>&lt;br&gt;L1, 10:45-11:45 AM&lt;br&gt;Dynasty Room, JWC (Marquita)</td>
<td><strong>Yoga Flow &amp; Relaxation</strong>&lt;br&gt;L1, 12:00-1:00 PM&lt;br&gt;Dynasty Room, JWC (Ashley)</td>
<td><strong>Yoga &amp; Sound Bath</strong>&lt;br&gt;L1/2, 7:00-8:15 PM&lt;br&gt;Dynasty Room, JWC (Ashley)</td>
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<td><strong>Core Vinyasa Flow</strong>&lt;br&gt;L1/2, 5:00-6:15 PM&lt;br&gt;Pyramid Room, JWC (Isabelle)</td>
<td>Vxin Dance Cardio&lt;br&gt;H3, 4:00-5:00 PM&lt;br&gt;Dynasty Room, JWC (Liz)</td>
<td><strong>Power Yoga + Sculpt</strong>&lt;br&gt;M2, 4:00-5:00 PM&lt;br&gt;Dynasty Room, JWC (Annabel)</td>
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<td>Worldanz&lt;br&gt;M2/3, 5:05-6:05 PM&lt;br&gt;Dynasty Room, JWC (Aliya)</td>
<td><strong>Hatha Vinyasa Flow</strong>&lt;br&gt;L2, 6:25-7:25 PM&lt;br&gt;Pyramid Room, JWC (Sophie)</td>
<td><strong>Dance Cardio Party</strong>&lt;br&gt;M3, 5:15-6:15 PM&lt;br&gt;Gold Room, JWC (Laura)</td>
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<td><strong>Spin</strong>&lt;br&gt;L2/3, 5:30-6:15 PM&lt;br&gt;Studio 2314, JWC (Josh)</td>
<td><strong>Yoga Flow &amp; Relaxation</strong>&lt;br&gt;L1, 12:00-1:00 PM&lt;br&gt;Dynasty Room, JWC (Ashley)</td>
<td><strong>Yoga &amp; Sound Bath</strong>&lt;br&gt;L1/2, 7:00-8:15 PM&lt;br&gt;Dynasty Room, JWC (Ashley)</td>
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**Workout Intensity Levels**

- **Complexity of Choreography**
  - L: Low
  - M: Medium
  - H: High

- **Exercise Intensity**
  - L: Low
  - M: Medium
  - H: High
WORKOUT DESCRIPTIONS

**CORE VINAYASA 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 VINAYASA 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 VINAYASA 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!