

FITZONES IN-PERSON DROP-IN FITNESS & YOGA

WINTER 2024 | JANUARY 8 - MARCH 15 | NO CLASSES ON 1/13 – 1/15 AND 2/17 – 2/19

*CLASSES ARE SUBJECT TO CHANGE. OUTDOOR CLASSES CANCELED IN INCLEMENT WEATHER CONDITIONS (RAIN, EXTREME HEAT, ETC).

PLEASE READ IMPORTANT NOTES SECTION BELOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC
BEGINNER FULL BODY STRETCH & RELAXATION (STARTS 2/5) 12:00-12:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)	TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)	YOGA FLOW 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)	TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	ALEXANDER TECHNIQUE 12:00-12:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)
WORLDANZ DANCE CARDIO M2, 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (ALIYA)	YOGA STRETCH & CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)	TOTAL BODY WORKOUT 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)	YOGA STRETCH & CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	ALEXANDER TECHNIQUE 1:00-1:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)
BEGINNER STRENGTH, CONDITIONING & STRETCH (STARTS 2/5) 12:30-1:00 PM WILSHIRE CENTER SUITE 130 (BRENDA)	TAI CHI L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)	YOGA FLOW 12:30-1:30 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (GRACE)	DANCE CARDIO PARTY M2, 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (SAMANTHA)	
	TAI CHI L1, 5:30-6:30 PM KAPLAN HALL 212 (MICHAEL)			

Fit Sports:

Fit Sports are co-ed pick-up games available to UCLA staff and faculty for some mid-workday fun. For any questions about Fit Sports please see contact info below:

For soccer email fitsoccer@lists.ucla.edu

For basketball email suzpark@support.ucla.edu

Wilshire Center classes:

Wilshire Center classes are located at 10920 Wilshire Blvd.

Directions to CHS/Semel 8th floor rooftop patio:

The "H" elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance. Take "H" elevators to 7th floor and use stairwell to get all the way up to 8th floor (only one of the six "H" elevators goes all the way up to the 8th floor). Then find door out to the rooftop patio.

FITZONES VIRTUAL DROP-IN FITNESS & YOGA

WINTER 2024 | JANUARY 8 - MARCH 16 | NO CLASSES ON 1/13 – 1/15 AND 2/17 – 2/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (KC)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	FITBREAK 1:00-1:15 PM ZOOM (IKU)
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)	CHAIR YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM AND FACEBOOK LIVE (ISABELLE)
	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (BRING PAPER, PEN AND SOMETHING TO COLOR WITH)	FITBREAK 1:00-1:15 PM ZOOM (IKU)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	
	MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)	FITBREAK MOVEMAIL LIVE 2:05-2:15 PM ZOOM (LIZ)	GENTLE YOGA & MINDFUL ART L1, 6:00-7:00 PM ZOOM (ADINA) (BRING PAPER, PEN AND SOMETHING TO COLOR WITH)	
		DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (KATHY)	MAT PILATES M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	

Important Notes

*To receive Zoom Meeting IDs and Passcodes, you must register for the FREE FitZones membership at: secure.recreation.ucla.edu under the Purchase Memberships section of the online store.

*Once registered, check your email for a confirmation receipt. Scroll to the bottom of the email to find schedule link. Schedule link will route you to a pdf schedule with Zoom info for all of the classes.

*Save schedule link and check for live updates throughout the quarter.

*Schedule subject to change. Email notices sent to announce changes.

REV: 12/23

Workout Intensity Levels

Complexity of Choreography

L Low M Medium H High

Exercise Intensity

1 Low 2 Medium 3 High


[fitwell.recreation.ucla.edu/
programs/fitzones](https://fitwell.recreation.ucla.edu/programs/fitzones)

Instagram Live:

instagram.com/uclarec

Facebook Live:

facebook.com/uclarec

• • FITZONES WORKOUT DESCRIPTIONS *

ALEXANDER TECHNIQUE

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.

BEGINNER FULL BODY STRETCH & RELAXATION

This beginner friendly, easy to follow class will help you stretch all major muscle groups in your body and help you unwind, breathe, and let go of stress and tension physically, mentally and emotionally. The perfect way to take a midday break to re-center and refresh in mind, body and spirit. A slightly shorter class to help you make time for movement and mindfulness on a busy day.

BEGINNER TOTAL BODY STRENGTH, CONDITIONING & STRETCH

A great class for anyone new to strength and conditioning training or anyone who has been on a long hiatus from regular exercise. Learn beginner level strength and conditioning exercises to help you build muscular strength, stamina, balance, coordination, flexibility and overall well-being. A slightly shorter class to help you make time for fitness on a busy day.

CHAIR 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.

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!

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).

FITBREAK

Fit Breaks are short movement breaks designed to help you re-energize, stretch tight muscles, alleviate tension from repetitive movements, and connect with your body. Relieve stress, Increase mobility, and improve mood with movement! Perfect for boosting team comradery while helping everyone stay healthy and active during the work week.

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 & MINDFUL ART

Gentle Yoga and Mindful Art is an exploration of creative expression through movement and visual arts. Rooted in yogic philosophy, we will deepen our yoga practice and drop into the present moment through mindful art. This is an opportunity to slow down, tap into your senses, and allow your true self-expression to surface. Along with your lovely self, please bring a yoga mat, yoga props, blank paper, and simple drawing and coloring tools.

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.

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.

TOTAL BODY WORKOUT

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!

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

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

YOGA STRETCH & CORE

A hatha yoga class that includes breathing techniques, vinyasa flow, and poses aimed to develop greater core strength. This is a feel-good class with a great mix of opportunities to challenge yourself and also destress and relax.

