

IN-PERSON GROUP FITNESS & YOGA PASS

WINTER 2023 | JANUARY 9 - MARCH 17 | NO CLASSES ON 1/16 AND 2/20

*EACH WEEK, PLEASE SAVE YOUR SPOT AND RECEIVE NOTICES FOR CLASSES YOU PLAN TO ATTEND. GO TO "GROUP X PASS (RESERVATIONS)" AT [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu)
RESERVATIONS FOR EACH GROUPX CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE EACH CLASS OCCURRENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA FLOW & RELAXATION L1/2, 10:30-11:45 AM PYRAMID ROOM, JWC (ANNABEL)	HATHA VINYASA YOGA L2, 10:45-11:45 AM DYNASTY ROOM, JWC (ADINA)	YOGA FLOW L2, 9:30-10:30 AM DYNASTY ROOM, JWC (BRENDA)	YOGA FLOW L2, 9:30-10:30 AM DYNASTY ROOM, JWC (MARQUITA)	YOGA FLOW L2, 9:30-10:30 AM DYNASTY ROOM, JWC (BRENDA)
YOGA SCULPT L2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	TOTAL BODY CHALLENGE M2, 12:05-12:55 PM PYRAMID ROOM, JWC (IKU)	TOTAL BODY STRETCH L1/2, 11:00-11:55 AM PYRAMID ROOM, JWC (BRENDA)	YOGA FLOW L2, 10:45-11:45 AM DYNASTY ROOM, JWC (MARQUITA)	TOTAL BODY CHALLENGE L2/3, 11:00-11:55 AM PYRAMID ROOM, JWC (BRENDA)
CORE DE FORCE M2, 12:05-12:55 PM PYRAMID ROOM, JWC (COURTNEY)	MAT PILATES M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)	YOGA SCULPT L2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	TOTAL BODY CHALLENGE L2/3, 12:05-12:55 PM PYRAMID ROOM, JWC (BRYNNE)	SPIN L2/3, 12:10-12:50 PM STUDIO 2314, JWC (THERESE)
TRANSCENDANCE L2, 3:45-4:45 PM PYRAMID ROOM, JWC (MANDY)	HATHA VINYASA YOGA L2, 4:00-5:00 PM DYNASTY ROOM, JWC (ADINA)	TOTAL BODY CHALLENGE L2/3, 12:00-12:55 PM PYRAMID ROOM, JWC (BRENDA)	MAT PILATES M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)	YOGA FLOW & RELAXATION L2, 4:00-5:15 PM DYNASTY ROOM, JWC (ANNABEL)
CORE YOGA FLOW L2, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	BOOTY KICKIN BARRE M2, 5:05-5:55 PM GOLD ROOM, JWC (PAM)	TOTAL BODY CHALLENGE M2/3, 3:45-4:45 PM PYRAMID ROOM, JWC (EMMY)	POWER YOGA FLOW L2/3, 4:00-5:00 PM DYNASTY ROOM, JWC (ANNABEL)	HIP HOP GROOVES M2, 4:00-4:50 PM PYRAMID ROOM, JWC (BRYAN)
DANCE CARDIO & CONDITIONING M2, 5:15-5:45 PM DYNASTY ROOM, JWC (BRENDA)	ZUMBA M2, 5:15-6:10 PM DYNASTY ROOM, JWC (KEIKO)	CORE YOGA FLOW ADVANCED M2/3, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	TOTAL BODY CHALLENGE M2/3, 5:00-6:00 PM PYRAMID ROOM, JWC (EMMY)	RESTORATIVE YOGA & SOUND BATH L1, 5:30-6:45 PM DYNASTY ROOM, JWC (MARQUITA)
SPIN L2/3, 5:30-6:15 PM STUDIO 2314, JWC (BRYNNE)	DANCEBODY M3, 5:30-6:25 PM PYRAMID ROOM, JWC (BROOKE)	DANCE CARDIO PARTY M3, 5:15-6:15 PM GOLD ROOM, JWC (LAURA)	ZUMBA M2, 5:15-6:10 PM DYNASTY ROOM, JWC (KEIKO)	
VXN DANCE CARDIO M3, 6:00-6:55 PM DYNASTY ROOM, JWC (LIZ)	SPIN L2/3, 6:00-6:45 PM STUDIO 2314, JWC (BRYNNE)	RESTORATIVE YOGA & SOUND BATH L1, 5:20-6:35 PM DYNASTY ROOM, JWC (MARQUITA)	PIYO M2, 6:15-7:10 PM DYNASTY ROOM, JWC (COURTNEY)	
TOTAL BODY CHALLENGE M2/3, 6:30-7:25 PM PYRAMID ROOM, JWC (BRYNNE)	RESTORATIVE YOGA & SOUND BATH L1, 6:30-7:45 PM DYNASTY ROOM, JWC (CYNDI)	SPIN L2/3, 5:45-6:30 PM STUDIO 2314, JWC (THERESE)	SPIN L2/3, 6:30-7:15 PM STUDIO 2314, JWC (EMMY)	
SPIN L2/3, 7:15-8:00 PM STUDIO 2314, JWC (EMMY)		TOTAL BODY CHALLENGE M2, 6:45-7:45 PM PYRAMID ROOM, JWC (THERESE)	HATHA VINYASA YOGA L2, 7:20-8:30 PM DYNASTY ROOM, JWC (SOPHIA)	

Important Notes

*Schedule subject to change.
Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

*Please also cancel your reservations if you are no longer planning to attend a class. This is especially important for Spin classes.

*Yoga Mats not provided, please bring your own yoga mat for all yoga and pilates classes.

To view program refund policies go to: recreation.ucla.edu/member-services



Get Started with a In-Person Fitness Pass

All Drop-in GroupX classes require a Fitness Pass.
Unlimited use for one quarter.

Cost: \$45/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

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

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.

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.

CORE YOGA FLOW

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 YOGA FLOW ADVANCED

Core Yoga Flow Advanced is a Level 2/3 class 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.

DANCEBODY

DanceBody workout fuses together dance cardio and sculpt for functional, full-body conditioning that's both fun and effective. Our dancers-turned-instructors move you in new ways to strengthen your body, mind, and spirit through dance fitness.

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 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!

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.

PIYO

The perfect combo of Yoga and Pilates based moves, set to upbeat music.

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.

RESTORATIVE YOGA & SOUND BATH

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being, and resilience. At the end of the class there will also be a sound bath using crystal singing bowls designed to immerse you in soothing sound waves to assist you in fully letting go of any stress and bringing you into a state of deep peace. Overall, this class will rebalance your energy and help to restore physically, mentally and emotionally.

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 STRETCH

A dynamic, active and static stretching class that targets primary muscle groups including the hips, hamstrings, shoulders and upper back. This class begins with warm-up movements to build heat and prepare the muscles for stretching. Most stretches are done on the floor and held for 1-2 minutes and other stretches will be done standing, on the fit ball or with yoga straps or bands to assist you in getting an optimal stretch.

TRANSCENDANCE™

TRANSCENDANCE™ is a mind-body-spirit movement experience appropriate for all ages and abilities. This self-nurturing, uplifting class incorporates breath, meditation, sound, deep stretching, somatic movement, tension release, emotional expression, and free-form dance all into one hour of embodied bliss. Let the movement set you free!

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.

YOGA FLOW (HATHA VINYASA)

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.

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!

ZUMBA

A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.