

FITZONES IN-PERSON DROP-IN FITNESS & YOGA

FALL 2024 | SEPTEMBER 30 - DECEMBER 14 | NO CLASSES ON 11/9 – 11/11, 11/27 AFTER 2 PM, AND 11/28 – 12/1

*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
<p>FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC</p> <p>YOGA FLOW 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)</p> <p>TOTAL BODY WORKOUT 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)</p> <p>DANCE CARDIO PARTY 12:20-1:00 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (SAMANTHA)</p>	<p>FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD</p> <p>TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)</p> <p>YOGA STRETCH & CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)</p> <p>TAI CHI L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)</p> <p>TAI CHI L1, 5:30-6:30 PM KAPLAN HALL 278 (MICHAEL)</p>	<p>FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC</p> <p>TOTAL BODY CHALLENGE 12:00-1:00 PM WILSHIRE CENTER SUITE 130 (SARAH)</p>	<p>WUDANG DRAGON GATE QI GONG 9:00-10:00 AM WILSHIRE CENTER SUITE 130 (TOMM)</p> <p>FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD</p> <p>TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)</p> <p>YOGA STRETCH & CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)</p> <p>YOGA FLOW 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (GRACE)</p>	<p>FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC</p> <p>ALEXANDER TECHNIQUE 12:00-12:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)</p> <p>ALEXANDER TECHNIQUE 1:00-1:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)</p>
<p>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 bball email suzpark@support.ucla.edu</p>				
<p>Wilshire Center classes: Wilshire Center classes are located at 10920 Wilshire Blvd.</p> <p>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.</p>				

FITZONES VIRTUAL DROP-IN FITNESS & YOGA

FALL 2024 | SEPTEMBER 30 - DECEMBER 14 | NO CLASSES ON 11/9 – 11/11, 11/27 AFTER 2 PM, AND 11/28 – 12/1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (KC)</p> <p>TOTAL BODY CHALLENGE M2, 12:00-1:00 PM ZOOM (JACINTA)</p> <p>YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)</p> <p>DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)</p>	<p>GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)</p> <p>TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</p> <p>CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)</p> <p>GENTLE YOGA & MINDFUL ART L1, 4:30-5:30 PM ZOOM (ADINA) (BRING PAPER, PEN AND COLORED PENCILS)</p> <p>TRANSCENDANCE 4:30-6:00 PM ZOOM (MANDY)</p> <p>MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)</p>	<p>TOTAL BODY CHALLENGE M2, 12:00-1:00 PM ZOOM (JACINTA)</p> <p>YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)</p> <p>DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)</p> <p>CHAIR YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)</p> <p>FITBREAK 1:00-1:15 PM ZOOM (IKU)</p> <p>FITBREAK MOVEMAIL LIVE 2:05-2:15 PM ZOOM (LIZ)</p> <p>DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)</p>	<p>GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)</p> <p>TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</p> <p>CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)</p> <p>YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)</p> <p>MAT PILATES M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)</p>	<p>DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)</p> <p>FITBREAK 1:00-1:15 PM ZOOM (IKU)</p> <p>DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)</p>
				<p>SATURDAY</p> <p>YOGA L2, 9:30-10:30 AM ZOOM (TIFFANY)</p>

Important Notes

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

*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.

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

REV: 10/24

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

Instagram Live:
[instagram.com/uclarec](https://www.instagram.com/uclarec)

Facebook Live:
[facebook.com/uclarec](https://www.facebook.com/uclarec)

• • FITZONES WORKOUT DESCRIPTIONS *

CHAIR YOGA FOR THE OFFICE

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).

DESTRESS DANCE BREAK

Take a 10-minute break from work, release stress, and have fun dancing! Easy-to-follow moves combined with segments of free-form flow to inspiring music. Uplift your spirits, get your blood flowing, and heart pumping while you work out all the little kinks in your joints and muscles so you can return to work feeling refreshed and motivated.

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.

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 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 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!

TRANSCENDANCE

TRANSCENDANCE takes the mindfulness of yoga off the mat into joyful, free-form conscious dance. This class takes you on a healing and inspirational journey utilizing the powerful combination of breath, sound, movement, dance and visualization. Through TRANSCENDANCE you'll have the opportunity to move through and release stress and tension physically, mentally, emotionally and spiritually; and then recharge and energetically claim joy, health, vitality, freedom, flow and so much more!

WUDANG DRAGON GATE QI GONG

Taught by Holistic Health Expert & World Champion Martial Artist Tom Voss. This class begins with relaxation exercises and a guided meditation, connecting to your life force, cultivating a state of gratitude, happiness and relaxation. The practice then unfolds with a combination of soft stationary and dynamic movements with harmonious synchronized breathing. As the class concludes, you are guided through a self-administered energy massage, utilizing your own Qi (Chi) to clear any blockages and release lingering stress and tension, feeling calm, serene, present, and revitalized.

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 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. Great for increasing flexibility while also improving muscular strength and endurance.