

GROUPX FITNESS & YOGA PASS (IN-PERSON)

SUMMER 2026 | SESSION C AUGUST 3 - SEPTEMBER 12 | NO CLASSES ON 9/7

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](https://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
TOTAL BODY CHALLENGE M2, 7:00-8:00 AM DYNASTY ROOM, JWC (CALVIN)	YOGA FLOW & RELAXATION M2, 10:30-11:30 AM DYNASTY ROOM, JWC (MARQUITA)	QI GONG FOR STRESS RELIEF L1, 12:00-1:00 PM STUDIO 1272, JWC (TOMM)	YOGA FLOW & RELAXATION M2, 10:30-11:30 AM DYNASTY ROOM, JWC (MARQUITA)	MAT PILATES M2, 11:05-11:55 AM DYNASTY ROOM, JWC (PETER S.)
MAT PILATES M2, 2:10-2:55 PM GOLD ROOM, JWC (PAM)	MAT PILATES M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)	SENSAZAO M2, 4:00-4:50 PM DYNASTY ROOM, JWC (GABBY)	SOUND BATH L1, 4:30-5:20 PM DYNASTY ROOM, JWC (JASPAL)	SATURDAY ZUMBA M2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (KEIKO)
POWER YOGA FLOW L1/2, 5:00-6:15 PM DYNASTY ROOM, JWC (ISABELLE)	YOGA SCULPT L1/2, 1:05-2:00 PM DYNASTY ROOM, JWC (BINNY)	POWER YOGA FLOW L2/3, 5:00-6:15 PM DYNASTY ROOM, JWC (ISABELLE)		
BALLROOM DANCE FIT M2, 5:15-6:15 PM STUDIO 1272, JWC (BATU)	MAT PILATES M2, 3:00-3:50 PM GOLD ROOM, JWC (PAM)	STEP AEROBICS H3, 6:30-7:30 PM STUDIO 1272, JWC (MIKAELA)		
DESTRESS YOGA FLOW + SOUNDBATH L1, 6:30-7:30 PM DYNASTY ROOM, JWC (ISABELLE)	ZUMBA M2, 5:00-5:55 PM DYNASTY ROOM, JWC (KEIKO)	DESTRESS YOGA FLOW + SOUNDBATH L1, 6:30-7:30 PM DYNASTY ROOM, JWC (ISABELLE)		
	BOOTY KICKIN BARRE M2, 5:10-5:55 PM GOLD ROOM, JWC (PAM)			
	BELLY + HULA DANCE FIT M2, 7:05-8:00 PM DYNASTY ROOM, JWC (ELIZABETH)			



BSTRONG SUMMER 2026

SESSION C AUGUST 3 - SEPTEMBER 12 | NO CLASSES ON 9/7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BSTRONG: STRENGTH 8:30 - 9:30 AM DRAKE RIG (ROB & JOSE)	BSTRONG: CORE & CONDITIONING 8:30 - 9:30 AM DRAKE RIG (ROB & STEVEN)	BSTRONG: STRENGTH 8:30 - 9:30 AM DRAKE RIG (ROB & JOSE)	BSTRONG: CORE & CONDITIONING 8:30 - 9:30 AM DRAKE RIG (ROB & STEVEN)
BSTRONG: STRENGTH 4:00 - 5:00 PM NORTH FITNESS PAD, DRAKE (KEKOA)	BSTRONG: STRENGTH 4:00 - 5:00 PM DRAKE RIG (KEKOA & CHRIS)	BSTRONG: STRENGTH 4:00 - 5:00 PM DRAKE RIG (CHRIS)	BSTRONG: STRENGTH 4:00 - 5:00 PM DRAKE RIG (KEKOA & CHRIS)
	BSTRONG: STRENGTH 5:15 - 6:15 PM NORTH FITNESS PAD, DRAKE (DANELIA & CARLEIGH)	BSTRONG: CORE & CONDITIONING 5:15 - 6:15 PM NORTH FITNESS PAD, DRAKE (DANELIA & CARLEIGH)	BSTRONG: STRENGTH 5:15 - 6:15 PM NORTH FITNESS PAD, DRAKE (DANELIA & CARLEIGH)

Important Notes

*Go to recreation.ucla.edu/groupx for more detailed information regarding the GroupX + BStrong 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: \$50/quarter (GroupX + BStrong) Purchase required for participation.

REV: 8/26



Workout Intensity Levels

Complexity of Choreography

L Low M Medium H High

Exercise Intensity

1 Low 2 Medium 3 High

GROUPX FITNESS & YOGA PASS (VIRTUAL)

SUMMER 2026 | JUNE 22 - SEPTEMBER 12 | NO CLASSES ON 7/3, 7/4, AND 9/7

*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL FITWELL@RECREATION.UCLA.EDU

PLEASE READ IMPORTANT NOTES SECTION BELOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (KC)	STRENGTH & BALANCE FOR HEALTHY AGING L1, 10:00-10:55 AM ZOOM (ROB & KC)	TOTAL BODY CHALLENGE M2, 11:30 AM-12:30 PM ZOOM (JACINTA)	STRENGTH & BALANCE FOR HEALTHY AGING L1, 10:00-10:55 AM ZOOM (ROB & KC)	FITBREAK 1:00-1:15 PM ZOOM (IKU)
TOTAL BODY CHALLENGE M2, 11:30 AM-12:30 PM ZOOM (JACINTA)	BRUIN MINDFIT L1/2, 12:15-12:45 PM DATES: 7/7-7/28 *ADDITIONAL REGISTRATION REQUIRED (ISABELLE)	FITBREAK 1:00-1:15 PM ZOOM (IKU)	BRUIN MINDFIT L1/2, 12:15-12:45 PM DATES: 7/9-7/30 *ADDITIONAL REGISTRATION REQUIRED (ISABELLE)	DANCE CARDIO & CONDITIONING M2, 1:15-2:00 PM ZOOM (IKU)
YOGA FOR STRENGTH & MOBILITY L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	CHAIR YOGA L1, 1:00-1:30 PM ZOOM (STEPHANIE)	DANCE CARDIO & CONDITIONING M2, 1:15-2:00 PM ZOOM (IKU)	YOGA FLOW & RELAXATION L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	YOGA DEEP STRETCH & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	YOGA FOR STRENGTH & MOBILITY L1, 1:30-2:00 PM ZOOM (STEPHANIE)	FITBREAK MOVEMAIL LIVE 2:05-2:15 PM ZOOM (LIZ)	CHAIR YOGA L1/2, 2:00-2:30 PM ZOOM (STEPHANIE)	SATURDAY FUNCTIONAL YOGA L2, 10:00-11:00 AM ZOOM (TIFFANY)
	DESTRESS DANCE FLOW M2, 5:00-5:50 PM ZOOM (MANDY)	DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)	MAT PILATES M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
	YOGA FLOW & RELAXATION L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)			

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.

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 REV: 6/26

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

BALLROOM DANCE FIT

Feel the ballroom burn with this fun dance-fitness class that teaches you the basic steps and rhythms to several ballroom dances including jive, cha-cha, pasodoble, swing, rumba, waltz, tango, foxtrot, and more. No partner required. This is a fun dance workout done individually in a group setting. Designed to get you fit while you learn to dance with the stars!

BELLY + HULA DANCE FIT

A beginner friendly dance workout learning two main dance styles that get your hips to shake, sway, and swerve til you sweat! Learn bellydance and hula all in one hour of fun and dancing!

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.

DESTRESS YOGA & SOUND BATH

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. Class will end with a relaxing sound bath.

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.

PILATES & CONDITIONING

Pilates and conditioning blends core-focused Pilates principles with full-body athletic conditioning to build strength, flexibility, and stability. This dynamic, low-impact workout seamlessly blends traditional Pilates core stabilization with targeted muscular endurance training. Expect to use your own body weight, light resistance bands, and small props to tone muscles, improve posture, and boost your everyday mobility. All levels are welcome.

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.

QI GONG FOR STRESS RELIEF

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. Taught by Holistic Health Expert & World Champion Martial Artist Tom Voss.

SENSAZAO

Sensazao is a fun, cardio-intensive dance workout that blends the infectious energy of international street dance with the rhythms of samba. Whether you're looking to improve your fitness, find a new way to express yourself, or simply have fun, this class offers an unforgettable experience. All levels are welcome - come and discover the Sensazao of dance!

SOUND BATH

is designed to help you calm your nervous system, quiet mental chatter, and restore you in mind, body, and spirit. Through immersive, layered tones of gongs, chimes, rain sticks, and other sound healing instruments you'll be guided into a deeply restorative state where brain waves shift from high-alert focus into calm, meditative rhythms. This process helps lower stress hormones, slow heart rate and breathing, release muscular tension, and improve sleep quality — all essential for memory consolidation, concentration, and academic performance. Beyond relaxation, sound meditation can create space for emotional release, renewed perspective, and a grounded sense of resilience. Whether you're feeling overwhelmed, anxious, or mentally fatigued, this session offers a structured opportunity to pause, recalibrate, and return to your studies with greater focus and steadiness. No meditation experience required — simply lie back, listen, and allow the sound to do the work.

STEP AEROBICS

This extremely fun, high-energy cardio workout combines hip hop choreography with traditional step aerobics. Have a blast dancing on the step to old and new school hip hop music. Get ready to sweat, step and groove!

STRETCH & MOBILITY

Unlock your body's natural range of motion in a class designed to help you move, feel, and function better throughout your day. This session combines dynamic mobility exercises, gentle stretching, and breath-focused movement to improve joint health, reduce tightness, and increase flexibility. Perfect for students rushing between classes, faculty spending long hours at a desk, and staff on-the-go — each class meets you where you are. Expect guided stretches for the hips, shoulders, back, and legs, plus mobility sequences that enhance posture and reduce stress and muscle tension. Whether you're preparing for a workout, recovering from one, or simply want to feel lighter and more aligned, this class is your weekly reset for improved movement, balance, and wellbeing. All levels welcome.

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!

YOGA SCULPT

Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Great for increasing muscular endurance and flexibility. Let's sweat!

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.

ZUMBA

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

BSTRONG

Bruin Strong (BStrong) is a goal oriented, progressive strength & conditioning system designed by UCLA's top fitness professionals. This comprehensive fitness program is everything you need: compound resistance training with a variety of equipment including barbells, racks, kettlebells, dumbbells, etc.; power training; plyometrics; conditioning/ cardio, core & more! With smaller class sizes, you get the top notch instruction & feedback you'd expect in a personal training session coupled with the energy, enthusiasm & connection of working out in a group. Get STRONG with your fellow Bruins! "Let's go, Bruins! Let's go!"

Classes are mixed level, meaning they can be scaled for different fitness levels.

For best results, take 3-5 classes per week.

Balanced sample weekly schedules:

3 x BSTRONG: Strength + 2 x BSTRONG: Core & Conditioning

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

CLASS DESCRIPTIONS:

BSTRONG: STRENGTH

This class features compound strength exercises (main lifts like dead lifts, squats and presses) and isolation/assistance exercises for a comprehensive strength based class.

Typical daily training emphasis is as follows: Mondays (Full Body & Squatting), Tuesdays (Upper Body Pulling), Wednesdays (Full Body & Deadlifting), Thursdays (Upper Body Pushing), Fridays (Full Body and Power Movements).

BSTRONG: CORE & CONDITIONING

Featuring compound strength movements, power exercises, cardio, and core, this class focuses on max conditioning. Taught HIIT or Interval style, this is the cardio to your strength.

• • VIRTUAL GROUPX YOGA & FITNESS PASS WORKOUT DESCRIPTIONS*

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 & 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!

DESTRESS DANCE FLOW

Release stress and have fun dancing! Easy-to-follow moves combined with segments of free-form flow to inspiring music. Emote, express, and uplift your spirits through somatic movement and dance. This will help you unkink stuck energy in the joints and muscles, help you feel and express emotions, and consequently create flow through your meridians and chakra centers so you can feel refreshed, clear, and more fully connected to your life force energy.

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 camaraderie while helping everyone stay healthy and active during the work week.

FUNCTIONAL YOGA

is an accessible, anatomy-driven practice that prioritizes how a pose feels over how it looks. It adapts traditional yoga postures to fit your unique bone structure and movement patterns, building strength, mobility, and body awareness to help you move through daily life with greater ease. This class will help you to improve strength, flexibility, and stability through various poses and end in a segment of rest and relaxation.

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.

STRENGTH AND BALANCE FOR HEALTHY AGING

is designed to improve mobility, balance, and coordination while also improving core, upper, and lower-body strength. These classes are tailored specifically for older adults and feature accessible, low-impact movements that can usually be performed either sitting or standing. Each class will train the core and lower body to enhance posture, coordination, and body awareness. There will also be gentle stretching to improve range of motion. During class, please bring your own resistance bands or dumbbells to use for some of the exercises.

TAI CHI

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!

YOGA DEEP STRETCH & 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).

YOGA FLOW & RELAXATION

A hatha vinyasa yoga class that includes segments of flow for strength and flexibility while also including gentle, restorative segments and poses for whole body relaxation. Class will also integrate mindfulness practices for increased mind-body awareness and centering.

YOGA FOR STRENGTH & MOBILITY

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.

