

# FITZONES IN-PERSON DROP-IN FITNESS & YOGA

WINTER 2026 | JANUARY 5 - MARCH 13 | NO CLASSES ON 1/19 AND 2/16

\*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
<b>TOTAL BODY WORKOUT</b> TIME: TBD WILSHIRE CENTER SUITE 130 (INSTRUCTOR: TBD)	<b>TOTAL BODY WORKOUT</b> 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	<b>DANCE CARDIO PARTY</b> 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (ASHLEY)	<b>TOTAL BODY WORKOUT</b> 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	<b>ALEXANDER TECHNIQUE</b> 10:00-10:55 AM WILSHIRE CENTER SUITE 130 (KOSTA)
<b>YOGA FLOW</b> 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (MARQUITA)			<b>TAI CHI</b> 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	<b>ALEXANDER TECHNIQUE</b> 11:00-11:55 AM WILSHIRE CENTER SUITE 130 (KOSTA)
<b>YOGA STRETCH &amp; CORE</b> 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)				
<b>TAI CHI</b> L1, 3:30-4:15 PM WILSHIRE CENTER SUITE 130 (MICHAEL)		<b>Wilshire Center classes:</b> Wilshire Center classes are located at 10920 Wilshire Blvd.		
<b>TAI CHI</b> L1, 5:30-6:30 PM KAPLAN HALL 278 (MICHAEL)		<b>Directions to CHS/Semel 8th floor rooftop patio:</b> 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 2026 | JANUARY 5 - MARCH 21 | NO CLASSES ON 1/17 - 1/19 AND 2/14 - 2/16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FITBREAK</b> <b>MOVEMAIL LIVE</b> 9:45-10:00 AM ZOOM (KC)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM (IKU)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (IKU)
<b>YOGA</b> L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	<b>CHAIR YOGA</b> L1, 12:00-12:30 PM ZOOM (STEPHANIE)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 1:15-2:00 PM ZOOM (IKU)	<b>CHAIR YOGA</b> L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM (IKU)
	<b>CHAIR YOGA</b> L1, 12:30-1:00 PM ZOOM (STEPHANIE)	<b>FITBREAK</b> <b>MOVEMAIL LIVE</b> 2:05-2:15 PM ZOOM (LIZ)	<b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	<b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM ZOOM (ISABELLE)
	<b>TRANSCENDANCE &amp; MORE</b> M2, 4:30-6:00 PM ZOOM (MANDY)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 4:30-5:25 PM ZOOM (CATHY)	<b>MAT PILATES</b> M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
				<b>SATURDAY</b>
				<b>YOGA</b> L2, 10:00-11:00 AM ZOOM (TIFFANY)

## Important Notes

\*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: [secure.recreation.ucla.edu](http://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](http://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) REV: 12/25

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

### 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!

### TRANSCENDANCE™ & MORE

TRANSCENDANCE™ is a mind-body-spirit, dance 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 magical experience of embodied bliss. Let the movement set you free!

### 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.