

FITZONES VIRTUAL & IN-PERSON DROP-IN FITNESS & YOGA PASS

FALL 2022 | SEPTEMBER 26 - DECEMBER 9 | NO CLASSES ON 11/11, AFTER 2PM ON 11/23, AND 11/24 - 11/27

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

CHECK FOR UPDATES AT FITWELL.RECREATION.UCLA.EDU/PROGRAMS/FITZONES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM: (KATHY)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
PHABPHIT M2, 12:10-12:50 PM ZOOM (PAISLEY)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	YOGA FLOW L1/2, 8:00-9:00 AM FACULTY CLUB, CALIFORNIA PATIO (MARQUITA)	INTRO TO ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)
DANCE CARDIO & CONDITIONING M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (MANDY)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)	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.)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD		FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE) AND FB LIVE
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	YOGA M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (ADINA)		DANCE CARDIO PARTY M2, 12:10-12:50 PM ZOOM (MEGHAN)	
	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)		TOTAL BODY CHALLENGE M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (IKU)	
	MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)		YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	
	TAI CHI L1, 5:30-6:30 PM FACULTY CLUB, CALIFORNIA PATIO (MICHAEL)		MAT PILATES M2/3, 6:00-6:40 PM IG LIVE (PAM)	

Important Notes

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

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

Legend

- In-person classes
- Virtual classes

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.

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.

REV: 9/22 *Schedule subject to change.



fitwell.recreation.ucla.edu/programs/fitzones

Choose Your Workout

Complexity of Choreography

L Low M Medium H High

Exercise Intensity

1 Low 2 Medium 3 High

Instagram Live:

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

Facebook Live:

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

• • FITZONES WORKOUT DESCRIPTIONS *

ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK

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.

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).

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 & 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.

INTRO TO ALEXANDER TECHNIQUE DROP-IN

Release stress tension and pain in the body while learning optimal posture and movement mechanics. Un-learn bad habits you've formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body's optimal alignment and movement patterns.

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.

PHABPHIT

Phabphit is a high energy dance cardio fitness class that incorporates core exercises and dance choreography. Embrace your inner fabulousness by stepping beyond your comfort zone and exploring the freedom of expression through movement.

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.

YOGA

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