# Fit Zones: Virtual & In-Person Drop-In Fitness & Yoga Pass

**Fall 2022 | September 26 - December 9**

*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](http://fitwell.recreation.ucla.edu/programs/fitzones)*

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### Monday
- **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)

- **Dance Cardio & Conditioning**
  - M2, 12:15-12:35 PM
  - CHS 8th Floor Rooftop Patio (Mandy)

- **Yoga**
  - L1/2, 1:00-2:00 PM
  - Zoom (Stephanie)

- **Dance Cardio Party**
  - M2, 6:10-6:50 PM
  - Zoom (Megan)

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### Tuesday
- **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)

- **Dance Cardio & Conditioning**
  - M2, 12:10-12:50 PM
  - Zoom (Kiku)

- **Yoga**
  - L1/2, 1:00-2:00 PM
  - Zoom (Stephanie)

- **Dance Cardio Party**
  - M2, 12:10-12:50 PM
  - Zoom (Megan)

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### Wednesday
- **Gentle Yoga & Moving Meditations**
  - L1/2, 7:00-8:00 AM
  - Zoom (Kathy)

- **Yoga**
  - L1/2, 1:00-2:00 PM
  - Zoom (Stephanie)

- **Dance Cardio & Conditioning**
  - M2, 12:10-12:50 PM
  - Zoom (Kiku)

- **Yoga Flow**
  - L1/2, 8:00-9:00 AM
  - Faculty Club, California Patio (Marquita)

- **Total Body Challenge**
  - M2, 12:15-12:55 PM
  - CHS 8th Floor Rooftop Patio (Kiku)

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### Thursday
- **Gentle Yoga & Moving Meditations**
  - L1/2, 8:00-9:00 AM
  - Zoom (Kathy)

- **Yoga Flow**
  - L1/2, 8:00-9:00 AM
  - Faculty Club, California Patio (Marquita)

- **Yoga**
  - L1, 11:30 AM-12:30 PM
  - Zoom (Peter A.)

- **Dance Cardio & Conditioning**
  - M2, 12:10-12:50 PM
  - Zoom (Kiku)

- **Deep Stretching & Relaxation**
  - L1, 4:00-5:00 PM
  - Zoom (Isabelle) and FB Live

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### Friday
- **Alexander Technique: Stress & Tension Release Break**
  - L1, 11:30-11:45 AM
  - FB Live (Kosta)

- **Intro to Alexander Technique**
  - L1, 12:00-1:00 PM
  - Zoom (Kosta)

- **Yoga**
  - L1/2, 1:00-2:00 PM
  - Zoom (Stephanie)

- **Mat Pilates**
  - M2/3, 5:10-5:50 PM
  - IG Live (Pam)

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### Directions to CHS/Selem 8th floor rooftop patio:
The “H” elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance. Take the “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.

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**Important Notes**

*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE Fit Zones 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.

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### Legend

- **In-person classes**
- **Virtual classes**

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**Fit Wells:**

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.

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**Instagram Live:**
instagram.com/uclarec

**Facebook Live:**
facebook.com/uclarec

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**Choose Your Workout**

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<th>Complexity of Choreography</th>
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<td>Exercise Intensity</td>
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**REV: 9/22**
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.