

IN-PERSON & VIRTUAL GROUP FITNESS & YOGA PASS

WINTER 2022 | JANUARY 31 - MARCH 11 | NO CLASSES ON 2/21

*EACH WEEK, PLEASE SAVE YOUR SPOT FOR ANY IN-PERSON CLASSES YOU PLAN TO ATTEND. GO TO "GROUP X PASS (RESERVATIONS)" AT [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOTAL BODY CHALLENGE L1/2, 9:30-10:30 AM PYRAMID ROOM, JWC (LALLA)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	TOTAL BODY CHALLENGE L1/2, 9:30-10:30 AM PYRAMID ROOM, JWC (LALLA)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)	TOTAL BODY CHALLENGE L1/2, 9:30-10:30 AM ZOOM (LAURA S.)
MAT PILATES M2, 11:00-11:50 AM PYRAMID ROOM, JWC (ELEANA)	TOTAL BODY CHALLENGE L1/2, 9:30-10:30 AM ZOOM (LAURA S.)	MAT PILATES M2, 11:00-11:50 AM PYRAMID ROOM, JWC (ELEANA)	YOGA L1/2, 10:30-11:30 AM DYNASTY ROOM, JWC (ADINA)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
YOGA SCULPT L1/2, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	YOGA L1/2, 11:00 AM-12:00 PM DYNASTY ROOM, JWC (ADINA)	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.)	INTRO TO ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)
CORE DE FORCE M2, 12:00-12:45 PM IG LIVE (COURTNEY)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	YOGA SCULPT L1/2, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	MAT PILATES M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	MAT PILATES M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	U-JAM HIP HOP M2, 12:10-12:50 PM PYRAMID ROOM, JWC (BRYAN)	DANCE CARDIO PARTY M2, 12:10-12:50 PM ZOOM (MEGHAN)	PHABPHIT* M2, 12:05-12:55 PM DRAKE STADIUM (PAISLEY) *CLASS MOVED TO WILSON PLAZA 2/11
SPIN L2/3, 4:45-5:30 PM COURTYARD, JWC (BRYNNE)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)	TOTAL BODY CHALLENGE L2/3, 4:00-4:50 PM PYRAMID ROOM, JWC (BRYNNE)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
CORE YOGA FLOW L1/2, 5:00-6:00 PM PYRAMID ROOM, JWC (ISABELLE)	DANCE CARDIO PARTY M2, 12:10-12:50 PM ZOOM (MANDY)	RESTORATIVE YOGA L1, 4:30-6:00 PM ZOOM (MONA)	GUTS, BUTTS & THIGHS M3, 4:00-4:55 PM GOLD ROOM, JWC (JILL)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)
TOTAL BODY CHALLENGE L1/2, 5:15-6:15 PM ZOOM (JACINTA)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	CORE YOGA FLOW L2/3, 5:00-6:00 PM PYRAMID ROOM, JWC (ISABELLE)	BOOTY KICKIN BARRE M2, 5:00-5:45 PM ZOOM (PAM)	U-JAM HIP HOP M2, 4:00-4:50 PM PYRAMID ROOM, JWC (BRYAN)
BOOTY KICKIN BARRE M2, 5:30-6:10 PM GOLD ROOM, JWC (AMBER)	YOGA L1/2, 3:30-4:30 PM DYNASTY ROOM, JWC (ADINA)	ZUMBA M2, 5:10-5:50 PM STUDIO 2314 (NICOLE)	FUNCTIONAL YOGA L1/2, 5:00-6:00 PM ZOOM (TIFFANY)	
MINDBODY MOBILITY L1, 6:00-7:00 PM ZOOM (SHAWN)	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)	BOOTY KICKIN BARRE M2, 5:35-6:25 PM GOLD ROOM, JWC (JILL)	BOLLYPOP M2, 5:05-5:55 PM PYRAMID ROOM, JWC (MADHAVI)	
TOTAL BODY CHALLENGE L2/3, 6:20-7:20 PM PYRAMID ROOM, JWC (NICOLE)	TOTAL BODY CHALLENGE L2/3, 4:00-5:00 PM PYRAMID ROOM, JWC (EMILY)	TURN UP HIP HOP M3, 6:10-6:50 PM PYRAMID ROOM, JWC (NICOLE)	TOTAL BODY CHALLENGE L1/2, 5:15-6:15 PM ZOOM (JACINTA)	
ZOOMBA DANCE CARDIO PARTY M2, 7:10-7:50 PM ZOOM (MEGHAN)	MAT PILATES M2, 4:30-5:20 PM FB LIVE (PETER S.)		MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	
	DANCE CARDIO PARTY M2, 5:00-6:00 PM DRAKE STADIUM (LAURA M.)		SPIN L2/3, 6:00-6:45 PM COURTYARD, JWC (BRYNNE)	
	FUNCTIONAL YOGA L1/2, 5:00-6:00 PM ZOOM (TIFFANY)			
	BOLLYPOP M2, 5:05-5:55 PM PYRAMID ROOM, JWC (MADHAVI)			
	BOOTY KICKIN BARRE M2, 5:10-5:55 PM GOLD ROOM, JWC (PAM)			
	KICKBOX FITNESS M2/3, 5:30-6:20 PM FB LIVE (PETER S.)			
	BOXING & BELLS M2/3, 5:15-6:05 PM PARDEE GYM, JWC (ROB)			

Legend



In-person classes



Virtual classes

REV: 2/22

*Schedule subject to change.

*Please also cancel your reservations if you are no longer planning to attend a class. This is especially important for primetime classes between 5 and 7pm.

*Yoga Mats not provided, please bring your own yoga mat for all yoga and pilates classes.

Get Started with a Virtual/In-Person Fitness Pass

All Drop-in GroupX classes require a Fitness Pass. Unlimited use for one quarter.

Cost: \$45/quarter

Get your Fitness Pass at:
secure.recreation.ucla.edu



Choose Your Workout

Complexity of Choreography
L Low M Medium H High

Exercise Intensity
1 Low 2 Medium 3 High

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• • IN-PERSON & VIRTUAL GROUP FITNESS & YOGA PASS 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.

BOLLYPOP

BollyPop is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one's dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

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.

BOXING AND BELLS

Segments of shadow boxing mixed in with segments of weight lifting and conditioning for a fun, effective and challenging total body & brain workout.

CARDIO YOGA SCULPT

Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let's sweat!

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.

CORE DE FORCE

A mixed-martial arts inspired workout that focuses on core conditioning and dynamic movements. Modifications for every movement are provided making it suitable for various levels of ability and intensity. No equipment needed.

CORE YOGA FLOW

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

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).

FUNCTIONAL YOGA

This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

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.

GUTS, BUTTS & THIGHS

This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weight.

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.

KICKBOX FITNESS

Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

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.

MINDBODY MOBILITY

Mindbody Mobility is designed to help you increase range of motion and become pain free by a series of movements, breathing techniques, and vision exercises to help stimulate and activate different parts of the brain. You will become more aware of your body and notice a more calming presence through this mindful practice.

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.

PIYO

The perfect combo of Yoga and Pilates based moves, set to upbeat music.

RESTORATIVE YOGA & MEDITATION

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being and resilience. It rebalances our energy and helps to release tension on a physical, mental, and emotional level.

SPIN

Spin is a cycling class on a stationary bike designed to accommodate all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

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!

TURN UP HIP HOP

TURN UP HIP HOP is more than just a dance fitness format; it's a movement. A movement to evolve unapologetically, live loudly, dance ruthlessly and OWN our greatness together, while we take our fitness to the next level as we turn all the way up!

U-JAM HIP HOP

A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

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 SCULPT

Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let's sweat!

ZOOMBA DANCE CARDIO PARTY

A fun dance cardio workout on Zoom incorporating a variety of dance styles, movements and music from around the world. Enjoy getting a cardiovascular endurance workout while having fun just dancing it out!

ZUMBA

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more. Zumba Afro emphasizes African styles of dance and music.