### Winter 2022

**January 3 - January 17 | No Classes on 1/17**

All classes will be virtual until January 18 when in-person classes will resume. *Schedule subject to change upon any new COVID related protocols*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Gentle Yoga &amp; Moving Meditations</strong></td>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Gentle Yoga &amp; Moving Meditations</strong></td>
<td><strong>Alexander Technique Stress &amp; Tension Release Break</strong></td>
</tr>
<tr>
<td>L1/2, 7:30-10:15 AM</td>
<td>L1/2, 7:00-8:00 AM</td>
<td>L1/2, 9:30-10:15 AM</td>
<td>L1/2, 8:00-9:00 AM</td>
<td>L1, 11:30-11:45 AM</td>
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<tr>
<td>Zoom (Lalla)</td>
<td>Zoom (Kathy)</td>
<td>Zoom (Lalla)</td>
<td>Zoom (Kathy)</td>
<td>FB Live (Kosta)</td>
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<tr>
<td><strong>Mat Pilates</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Mat Pilates</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Intro to Alexander Technique</strong></td>
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<td>M2, 11:00-11:50 AM</td>
<td>M2, 11:00 AM-12:00 PM</td>
<td>M2, 11:00-11:50 AM</td>
<td>M2, 10:30-11:30 AM</td>
<td>L1, 12:00-1:00 PM</td>
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<tr>
<td>Zoom (Eleana)</td>
<td>Zoom (Adina)</td>
<td>Zoom (Eleana)</td>
<td>Zoom (Adina)</td>
<td>Zoom (Kosta)</td>
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<tr>
<td><strong>Yoga Sculpt</strong></td>
<td><strong>Tai Chi &amp; Qi Gong</strong></td>
<td><strong>Yoga Sculpt</strong></td>
<td><strong>Tai Chi &amp; Qi Gong</strong></td>
<td><strong>Dance Cardio &amp; Conditioning</strong></td>
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<td>L1/2, 12:00-1:00 PM</td>
<td>L1, 11:30 AM-12:30 PM</td>
<td>L1/2, 12:00-1:00 PM</td>
<td>L1, 11:30 AM-12:30 PM</td>
<td>M2, 12:10-12:50 PM</td>
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<td>Zoom (Peter A.)</td>
<td>Zoom (Peter A.)</td>
<td>Zoom (Isabelle)</td>
<td>Zoom (Peter A.)</td>
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<tr>
<td><strong>Core de Force</strong></td>
<td><strong>Dance Cardio &amp; Conditioning</strong></td>
<td><strong>Core Yoga Flow</strong></td>
<td><strong>Dance Cardio Party</strong></td>
<td><strong>PiYo</strong></td>
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<td>M2, 12:00-12:45 PM</td>
<td>M2, 12:10-12:50 PM</td>
<td>L2/3, 5:00-6:00 PM</td>
<td>M2, 12:10-12:50 PM</td>
<td>M2, 12:10-12:50 PM</td>
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<tr>
<td>IG Live (Courtney)</td>
<td>Zoom (Adina)</td>
<td>Zoom (Isabelle)</td>
<td>Zoom (Kathy M.)</td>
<td>IG Live (Courtney)</td>
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<td><strong>Dance Cardio &amp; Conditioning</strong></td>
<td><strong>Chair Yoga for the Office</strong></td>
<td><strong>Restorative Yoga</strong></td>
<td><strong>Core Yoga Flow</strong></td>
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<td>M2, 12:10-12:50 PM</td>
<td>L1, 12:00-1:00 PM</td>
<td>L1, 4:30-6:00 PM</td>
<td>L2/3, 5:00-6:00 PM</td>
<td>M2, 12:05-12:55 PM</td>
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<td>Zoom (Iku)</td>
<td>Zoom (Kathy M.)</td>
<td>Zoom (Monica)</td>
<td>Zoom (Isabelle)</td>
<td>Zoom (Peter S.)</td>
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<td><strong>Core Yoga Flow</strong></td>
<td><strong>Dance Cardio Party</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Yoga Flow</strong></td>
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<td>L1/2, 5:00-6:00 PM</td>
<td>M2, 12:10-12:50 PM</td>
<td>L1/2, 11:45 AM-12:45 PM</td>
<td>M2, 12:05-12:55 PM</td>
<td>L1, 4:00-5:00 PM</td>
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<tr>
<td>Zoom (Isabelle)</td>
<td>Zoom (Mandy)</td>
<td>Zoom (Adina)</td>
<td>Zoom (Peter S)</td>
<td>Zoom (Marco)</td>
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<tr>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Restorative Yoga</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>U-Jam Hip Hop</strong></td>
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<td>L1/2, 5:35-6:55 PM</td>
<td>1:00-2:00 PM</td>
<td>L1, 4:30-6:00 PM</td>
<td>L1/2, 1:00-2:00 PM</td>
<td>M2, 4:00-4:50 PM</td>
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<td>Zoom (Jacinta)</td>
<td>Zoom (Stephanie)</td>
<td>Zoom (Monica)</td>
<td>Zoom (Stephanie)</td>
<td>Zoom (Bryan)</td>
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<td><strong>Mindbody Mobility</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Booty Kickin Barre</strong></td>
<td><strong>Guts, Butts &amp; Thighs</strong></td>
<td><strong>Mixtape Yoga &amp; Chill</strong></td>
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<td>L1, 6:00-7:00 PM</td>
<td>L1/2, 1:30-4:30 PM</td>
<td>M2, 5:10-5:50 PM</td>
<td>M3, 4:00-4:55 PM</td>
<td>L2/3, 5:00-6:00 PM</td>
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<tr>
<td>Zoom (Shawn)</td>
<td>Zoom (Adina)</td>
<td>Zoom (Nicole)</td>
<td>Zoom (Jill)</td>
<td>Zoom (Marco)</td>
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<tr>
<td><strong>Zoomba Dance Cardio Party</strong></td>
<td><strong>Gentle Yoga &amp; Creative Expression</strong></td>
<td><strong>Turn Up Hip Hop</strong></td>
<td><strong>Booty Kickin Barre</strong></td>
<td><strong>Functional Yoga</strong></td>
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<td>M2, 7:10-7:50 PM</td>
<td>L1, 4:00-5:30 PM</td>
<td>M3, 4:00-6:50 PM</td>
<td>M2, 5:00-5:45 PM</td>
<td>L1/2, 5:00-6:00 PM</td>
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<td>Zoom (Meghan)</td>
<td>Zoom (Adina)</td>
<td>Zoom (Nicole)</td>
<td>Zoom (Pam)</td>
<td>Zoom (Marco)</td>
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<td><strong>Total Body Challenge</strong></td>
<td><strong>Mat Pilates</strong></td>
<td><strong>Functional Yoga</strong></td>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Mat Pilates</strong></td>
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<td>L1/2, 7:00-10:00 PM</td>
<td>M2, 4:30-5:20 PM</td>
<td>L1/2, 5:15-6:15 PM</td>
<td>L1/2, 5:15-6:15 PM</td>
<td>M2, 6:00-6:40 PM</td>
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<tr>
<td>Zoom (Emily)</td>
<td>FB Live (Peter S.)</td>
<td>Zoom (Jacinta)</td>
<td>Zoom (Jacinta)</td>
<td>Facebook Live (Pam)</td>
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<tr>
<td><strong>Dance Cardio Party</strong></td>
<td><strong>Functional Yoga</strong></td>
<td><strong>Booty Kickin Barre</strong></td>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Functional Yoga</strong></td>
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<td>M2, 5:00-6:00 PM</td>
<td>L1/2, 5:00-6:00 PM</td>
<td>M2, 5:00-5:45 PM</td>
<td>L1/2, 5:00-6:00 PM</td>
<td>Zoom (Marco)</td>
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<tr>
<td>Zoom (Laura M.)</td>
<td>Zoom (Tiffany)</td>
<td>Zoom (Pam)</td>
<td>Zoom (Tiffany)</td>
<td>Zoom (Marco)</td>
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<td><strong>Functional Yoga</strong></td>
<td><strong>Booty Kickin Barre</strong></td>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Mat Pilates</strong></td>
<td><strong>Functional Yoga</strong></td>
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<td>L1/2, 5:00-6:00 PM</td>
<td>M2, 5:10-5:55 PM</td>
<td>L1/2, 5:15-6:15 PM</td>
<td>M2, 6:00-6:40 PM</td>
<td>Zoom (Marco)</td>
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<tr>
<td>Zoom (Tiffany)</td>
<td>Zoom (Pam)</td>
<td>Zoom (Jacinta)</td>
<td>Facebook Live (Pam)</td>
<td>Zoom (Marco)</td>
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<tr>
<td><strong>Booty Kickin Barre</strong></td>
<td><strong>Kickbox Fitness</strong></td>
<td><strong>Total Body Challenge</strong></td>
<td><strong>Mat Pilates</strong></td>
<td><strong>Functional Yoga</strong></td>
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<tr>
<td>M2, 5:10-5:55 PM</td>
<td>M2/3, 5:30-6:20 PM</td>
<td>L1/2, 5:15-6:15 PM</td>
<td>M2, 6:00-6:40 PM</td>
<td>Zoom (Marco)</td>
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<tr>
<td>Zoom (Pam)</td>
<td>Zoom (Peter S.)</td>
<td>Zoom (Jacinta)</td>
<td>Facebook Live (Pam)</td>
<td>Zoom (Marco)</td>
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</tbody>
</table>

**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://instagram.com/uclarec)

**Facebook Live:**
- [facebook.com/uclarec](https://facebook.com/uclarec)

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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](https://secure.recreation.ucla.edu)

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**UCLA Recreation**

[recreation.ucla.edu/groupx](https://recreation.ucla.edu/groupx)

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**REV: 1/22**

[secure.recreation.ucla.edu](https://secure.recreation.ucla.edu)
**In-Person & Virtual Group Fitness & Yoga Pass**  
**Winter 2022 | January 18 - March 11 | No classes on 2/21**

*Each week, please save your spot for classes you plan to attend. Go to “Group X Pass (Reservations)” at secure.recreation.ucla.edu*

<table>
<thead>
<tr>
<th>Legend</th>
<th>In-person classes</th>
<th>Virtual classes</th>
</tr>
</thead>
</table>

**Monday**
- **Total Body Challenge**  
  L2/3, 9:30-10:30 AM  
  Pyramid Room, JWC (Lalla)
- **Mat Pilates**  
  M2, 11:00-11:50 AM  
  Pyramid Room, JWC (Eleana)
- **Total Body Challenge**  
  L2/3, 12:00-1:00 PM  
  Pyramid Room, JWC (Brynne)
- **Yoga Sculpt**  
  L2/3, 12:00-1:00 PM  
  Dynasty Room, JWC (Isabelle)
- **Core Force**  
  M2, 12:00-12:45 PM  
  IG Live (COURTNEY)
- **Dance Cardio & Conditioning**  
  M2, 12:10-12:50 PM  
  Zoom (IKU)
- **Arm Balances & Inversions**  
  M2/3, 4:00-5:00 PM  
  Dynasty Room, JWC (Marco)
- **Spin**  
  L2/L3, 4:45-5:30 PM  
  Courtyard, JWC (Brynne)
- **Yoga Flow**  
  L2/L3, 5:00-6:00 PM  
  Dynasty Room, JWC (Marco)
- **Core Yoga Flow**  
  L2/3, 5:00-6:00 PM  
  Pyramid Room, JWC (Isabelle)
- **Total Body Challenge**  
  L2/3, 5:15-6:15 PM  
  Zoom (Jacinta)
- **Booty Kickin Barre**  
  M2, 5:30-6:10 PM  
  Gold Room, JWC (Amber)
- **Mixtape Yoga & Chill**  
  M2/3, 6:00-7:00 PM  
  Dynasty Room, JWC (Marco)
- **MindBody Mobility**  
  L1, 6:00-7:00 PM  
  Zoom (Shawn)
- **Total Body Challenge**  
  L2/3, 6:20-7:20 PM  
  Pyramid Room, JWC (Nicole)
- **Zoomba Dance Cardio Party**  
  M2, 7:10-7:50 PM  
  Zoom (Megan)
- **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)

*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**
  - Low
  - Medium
  - High
- **Exercise Intensity**
  - Low
  - Medium
  - High
- **Instagram Live**
  - Instagram.com/uclarec
- **Facebook Live**
  - Facebook.com/uclarec
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, 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, sware, 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.

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.

Gluts, 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.

Mixtape Yoga & Chill
A dynamic flow of mindful movements curated with a soundtrack of today’s Hip-Hop + R&B and throwbacks that will transform, stretch, and restore your body from the inside-out.

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 accumulate 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!

Zumba 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.