

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

WINTER 2023 | JANUARY 9 - MARCH 17 | NO CLASSES ON 1/16 AND 2/20

*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
FITBREAK L1, 10:05-10:15 AM ZOOM (KC)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	FITBREAK L1, 10:50-11:05 AM ZOOM (EMMA)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
ALEXANDER TECHNIQUE MINDFUL POSTURE & RELAXATION L1, 12:00-1:00 PM ZOOM (NOEL)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE) AND FB LIVE
FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)	FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	
DANCE CARDIO & CONDITIONING M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (MANDY)	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	YOGA M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (ADINA)	FITBREAK L1, 1:00-1:15 PM ZOOM (IKU)	TOTAL BODY CHALLENGE M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (IKU)	
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)	FITBREAK L1, 2:05-2:15 PM ZOOM (LIZ)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	
	MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)	DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)	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 the FREE FitZones membership at: secure.recreation.ucla.edu under the Memberships & Passes section of the online store.

*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.

*Save schedule link and check for live updates throughout the quarter.

*Schedule subject to change. Email notices sent to announce changes.

TAI CHI
 L1, 5:30-6:30 PM
 FACULTY CLUB, CALIFORNIA PATIO
 (MICHAEL)

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.



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

MINDFUL POSTURE & RELAXATION

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).

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 comradery while helping everyone stay healthy and active during the work week.

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.

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.

YOGA

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