

FITZONES

SPRING 2022 | MARCH 28 – JUNE 3 | NO CLASSES ON 5/30

FITZONE CLASSES ARE FREE FOR FACULTY AND STAFF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE DE FORCE M2, 12:00-12:45 PM IG LIVE (COURTNEY)	YOGA M2, 12:30-1:15 PM CHS/SEMEL 8TH FLOOR ROOFTOP PATIO (ADINA)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM SWITZER PLAZA (KATHY)	DANCE CARDIO M2, 12:15-12:55 PM CHS/SEMEL 8TH FLOOR ROOFTOP PATIO (MANDY)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
DANCE CARDIO M2, 12:15-12:55 PM CHS/SEMEL 8TH FLOOR ROOFTOP PATIO (MANDY)	KICKBOX FITNESS M2/3, 5:30-6:20 PM FB LIVE (PETER S.)	DANCE CARDIO M2, 12:15-12:55 PM CHS/SEMEL 8TH FLOOR ROOFTOP PATIO (CLAIRE)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
				DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)

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)

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: 4/22 *Schedule subject to change.



fitwell.recreation.ucla.edu/programs/fitzones

• • 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.

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

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 & 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.

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.

PIYO

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

YOGA

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