

# VIRTUAL GROUP FITNESS & YOGA PASS

SPRING 2023 | APRIL 3 - JUNE 9 | NO CLASSES ON 5/29

\*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL [FITWELL@RECREATION.UCLA.EDU](mailto:FITWELL@RECREATION.UCLA.EDU)

PLEASE READ IMPORTANT NOTES SECTION BELOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FITBREAK</b> L1, 9:45-9:55 AM ZOOM (KC)	<b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 7:00-8:00 AM ZOOM (KATHY)	<b>FITBREAK</b> L1, 10:50-11:05 AM ZOOM (EMMA)	<b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 8:00-9:00 AM ZOOM (KATHY)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (IKU)
<b>YOGA</b> L1/2, 12:00-1:00 PM ZOOM (MARQUITA)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>YOGA</b> L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM ZOOM (ISABELLE) AND FB LIVE
<b>YOGA</b> L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	<b>CHAIR YOGA FOR THE OFFICE</b> L1, 12:00-1:00 PM ZOOM (KATHY M.)	<b>CHAIR YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	<b>CHAIR YOGA</b> L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	
<b>DANCE CARDIO PARTY</b> M2, 6:10-6:50 PM ZOOM (MEGHAN)	<b>GENTLE YOGA &amp; CREATIVE EXPRESSION</b> L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (IKU)	<b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	
	<b>MAT PILATES</b> M2/3, 5:10-5:50 PM ZOOM (PETER S.)	<b>FITBREAK</b> L1, 1:00-1:15 PM ZOOM (IKU)	<b>MAT PILATES</b> M2/3, 6:00-6:40 PM IG LIVE (PAM)	
		<b>FITBREAK</b> L1, 2:05-2:15 PM ZOOM (LIZ)		
		<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 4:30-5:25 PM ZOOM (CATHY)		

## Important Notes

\*To receive Zoom Meeting IDs and Passcodes, you must register for the Virtual Group X Fitness & Yoga Pass membership at: [secure.recreation.ucla.edu](https://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.

To view program refund policies go to: [recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services)

## Legend



Zoom classes



IG/FB classes



## Get Started with a Virtual Fitness Pass

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

Cost: \$30/quarter

Get your Fitness Pass at: [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu)

## 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)

## • • VIRTUAL GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS\*

### **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.