

# GROUPX FITNESS & YOGA PASS (IN-PERSON)

WINTER 2026 | JANUARY 5 - MARCH 15 | NO CLASSES ON 1/17 - 1/19 AND 2/14 - 2/16

UNLIMITED ACCESS TO DROP-IN TO ANY CLASS ON THE GROUPX SCHEDULE AS OFTEN AS YOU LIKE ALL QUARTER LONG.

RESERVATIONS FOR EACH CLASS OCCURRENCE RECOMMENDED BUT NOT REQUIRED. GO TO [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu) TO SAVE YOUR SPOT FOR EACH CLASS.

RESERVATIONS FOR EACH CLASS ARE MADE AVAILABLE ONLINE STARTING 24 HOURS BEFORE A CLASS OCCURS ON A WEEK-TO-WEEK BASIS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDIO YOGA SCULPT</b> L2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	<b>TOTAL BODY YOGA FLOW</b> L2, 9:30-10:30 AM DYNASTY ROOM, JWC (MARQUITA)	<b>POWER YOGA FLOW</b> L2/3, 9:00-10:00 AM PYRAMID ROOM, JWC (ELLIE H.)	<b>TOTAL BODY YOGA FLOW</b> L2, 9:30-10:30 AM DYNASTY ROOM, JWC (MARQUITA)	<b>MAT PILATES</b> M2, 11:05-11:55 PM PYRAMID ROOM, JWC (PETER S.)
<b>KICKBOX CARDIO &amp; CONDITIONING</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (COURTNEY)	<b>TOTAL BODY YOGA &amp; SOUND BATH</b> L1, 10:45-11:45 AM DYNASTY ROOM, JWC (MARQUITA)	<b>CARDIO YOGA SCULPT</b> L2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	<b>XTREME STEP AEROBICS</b> H3, 11:00 AM-12:00 PM PYRAMID ROOM, JWC (ALI)	<b>MOBILITY &amp; STRETCH</b> L2, 12:10-12:50 PM DYNASTY ROOM, JWC (AUTUMN)
<b>ABS &amp; GLUTES CORE CONDITIONING</b> M2, 3:30-4:30 PM PYRAMID ROOM, JWC (KATIE C.)	<b>YOGA SCULPT</b> L2/3, 12:00-12:55 PM DYNASTY ROOM, JWC (BINNY)	<b>QI GONG FOR STRESS RELIEF &amp; RESILIENCE</b> L1, 12:10-1:10 PM GOLD ROOM, JWC (TOMM)	<b>YOGA FLOW &amp; RELAXATION</b> L2, 12:00-1:00 PM DYNASTY ROOM, JWC (MAIA)	<b>CORE CONNECTION STRENGTH</b> M2/3, 3:00-4:00 PM PYRAMID ROOM, JWC (TERRI)
<b>MOBILITY &amp; STRETCH</b> L2, 4:00-4:45 PM DYNASTY ROOM, JWC (TERRI)	<b>MAT PILATES</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	<b>TOTAL BODY CHALLENGE</b> M2/3, 4:00-5:00 PM PYRAMID ROOM (TBD), JWC (TERRI)	<b>MAT PILATES + SCULPT</b> H3, 3:45-4:45 PM PYRAMID ROOM, JWC (ANNABEL)	<b>TOTAL BODY CHALLENGE</b> M2/3, 4:15-5:15 PM PYRAMID ROOM (TBD), JWC (FAITH)
<b>POWER YOGA FLOW</b> L2, 5:00-6:15 PM DYNASTY ROOM, JWC (ISABELLE)	<b>LINE DANCING</b> M2, 3:30-4:30 PM PYRAMID ROOM, JWC (LUKE & GIL)	<b>POWER YOGA FLOW</b> M2/3, 5:00-6:15 PM DYNASTY ROOM, JWC (ISABELLE)	<b>WORLDANZ DANCE CARDIO</b> M2, 5:00-5:55 PM GOLD ROOM, JWC (KARRI)	
<b>CORE CONNECTION STRENGTH</b> M2/3, 5:00-6:00 PM PYRAMID ROOM, JWC (TERRI)	<b>YOGA FLOW &amp; RELAXATION</b> M2/3, 4:45-5:45 PM PYRAMID ROOM, JWC (MAIA)	<b>XTREME STEP AEROBICS</b> H3, 5:10-6:10 PM PYRAMID ROOM, JWC (MIKAELA)	<b>SPIN</b> L2/3, 5:30-6:30 PM STUDIO 2314, JWC (ALEX)	<b>ZUMBA</b> M2/3, 12:05-1:05 PM DYNASTY ROOM, JWC (KEIKO)
<b>SPIN</b> L2/3, 6:00-7:00 PM STUDIO 2314, JWC (ALEX)	<b>BOOTY KICKIN BARRE</b> M2, 5:05-5:50 PM GOLD ROOM, JWC (PAM)	<b>DANCE CARDIO PARTY</b> M3, 5:15-6:15 PM GOLD ROOM, JWC (LAURA)	<b>BOOTY KICKIN BARRE</b> M2, 6:05-6:55 PM GOLD ROOM, JWC (GIANA)	<b>YOGA SCULPT</b> M2, 12:45-1:45 PM GOLD ROOM, JWC (GIANA)
<b>DESTRESS YOGA &amp; SOUND BATH</b> L1, 6:25-7:25 PM DYNASTY ROOM, JWC (ISABELLE)	<b>ZUMBA</b> M2, 5:00-6:00 PM DYNASTY ROOM, JWC (KEIKO)	<b>DESTRESS YOGA &amp; SOUND BATH</b> L1, 6:25-7:25 PM DYNASTY ROOM, JWC (ISABELLE)	<b>PIYO</b> M2, 6:10-7:00 PM DYNASTY ROOM, JWC (COURTNEY)	<b>BOOTY KICKIN BARRE</b> M2, 2:00-2:45 PM GOLD ROOM, JWC (GIANA)
<b>BALLROOM DANCE FIT</b> M2, 6:10-6:55 PM PYRAMID ROOM, JWC (BATU)	<b>YOGA SCULPT</b> M3, 6:00-7:00 PM PYRAMID ROOM, JWC (GIANA)	<b>SPIN</b> L2/3, 7:30-8:15 PM STUDIO 2314, JWC (LEVY)		
	<b>SPIN</b> L2/3, 5:15-6:00 PM STUDIO 2314, JWC (AUTUMN)			
	<b>SENSAZAO DANCE CARDIO</b> M2, 6:05-6:55 PM DYNASTY ROOM, JWC (XOCHITL)			
	<b>SPIN</b> L2/3, 6:15-7:00 PM STUDIO 2314, JWC (AUTUMN)			
	<b>POWER YOGA FLOW</b> L2, 7:00-7:55 PM DYNASTY ROOM, JWC (MAIA)			

## SATURDAY

**ZUMBA**  
M2/3, 12:05-1:05 PM  
DYNASTY ROOM, JWC (KEIKO)

**YOGA SCULPT**  
M2, 12:45-1:45 PM  
GOLD ROOM, JWC (GIANA)

**BOOTY KICKIN BARRE**  
M2, 2:00-2:45 PM  
GOLD ROOM, JWC (GIANA)

## SUNDAY

**HOT HIPS DANCE FIT (SAMBA, BELLYDANCE, BOLLYWOOD, AND HULA)**  
M2/3, 6:30-7:30 PM  
PYRAMID ROOM, JWC (ELIZABETH)

### Important Notes

**\*Go to [recreation.ucla.edu/groupx](https://recreation.ucla.edu/groupx) for more detailed information regarding the GroupX pass.**

**\*Schedule subject to change. Email notifications sent out for class cancellations and updates.**

**\*Yoga mats not provided.**

**\*View refund policies at: [recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services).**

**Cost: \$45/quarter  
Purchase required for participation.**



### Workout Intensity Levels

Complexity of Choreography  
L Low M Medium H High  
Exercise Intensity  
1 Low 2 Medium 3 High

# GROUPX FITNESS & YOGA PASS (VIRTUAL)

WINTER 2026 | JANUARY 5 - MARCH 21 | NO CLASSES ON 1/17 - 1/19 AND 2/14 - 2/16

\*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> <b>MOVEMAIL LIVE</b> 9:45-10:00 AM ZOOM (KC)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM (IKU)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (IKU)
<b>YOGA</b> L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	<b>CHAIR YOGA</b> L1, 12:00-12:30 PM ZOOM (STEPHANIE)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 1:15-2:00 PM ZOOM (IKU)	<b>CHAIR YOGA</b> L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM (IKU)
	<b>CHAIR YOGA</b> L1, 12:30-1:00 PM ZOOM (STEPHANIE)	<b>FITBREAK</b> <b>MOVEMAIL LIVE</b> 2:05-2:15 PM ZOOM (LIZ)	<b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	<b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM ZOOM (ISABELLE)
	<b>TRANSCENDANCE &amp; MORE</b> M2, 4:30-6:00 PM ZOOM (MANDY)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 4:30-5:25 PM ZOOM (CATHY)	<b>MAT PILATES</b> M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
				SATURDAY
				<b>YOGA</b> L2, 10:00-11:00 AM ZOOM (TIFFANY)

## Important Notes

\*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu) under Purchase Memberships.

\*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.

\*Schedule subject to change. Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

View refund policies at: [recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services)

REV: 12/25



## Workout Intensity Levels

**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)

## • • IN-PERSON GROUPX FITNESS & YOGA PASS WORKOUT DESCRIPTIONS\*

### **ABS & GLUTES CORE CONDITIONING**

This class focuses on core strength: abs, the midline, legs and glutes for an amazing workout utilizing your bodyweight, bands and optional dumbbells.

### **BALLROOM DANCE FIT**

Feel the ballroom burn with this fun dance-fitness class that teaches you the basic steps and rhythms to several ballroom dances including jive, cha-cha, pasodoble, swing, rumba, waltz, tango, foxtrot, and more. No partner required. This is a fun dance workout done individually in a group setting. Designed to get you fit while you learn to dance with the stars!

### **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.

### **CARDIO YOGA SCULPT**

Power yoga flow, plus moderate, optional weight lifting with dumbbells, and cardio conditioning. Great for improving cardiovascular health and muscular endurance. Let's sweat!

### **CORE CONNECTION STRENGTH**

Build power from the inside out in this dynamic, full-body group fitness class. Core Connection & Strength blends targeted core work with strength training using free weights and bodyweight exercises to challenge every major muscle group. Expect a steady mix of functional movements, controlled strength sets, and core-stability drills designed to improve posture, enhance balance, and increase overall strength. Whether you're looking to tighten your midsection, build lean muscle, or simply feel stronger and more connected in your body, this class delivers a balanced, energizing workout for all fitness levels. Get ready to engage, strengthen, and elevate your entire body, one powerful rep at a time. Taught by Personal Trainer, "Coach Terri".

### **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!

### **DESTRESS YOGA & SOUND BATH**

A Yoga vinyasa class focused on breath, fluid movement and meditation. You will release stress & anxieties, calm your mind and rejuvenate your body. You will also learn secrets and techniques for everyday stress reduction. Class will end with a relaxing sound bath.

### **HOT HIPS DANCE FIT (SAMBA, BOLLYWOOD, BELLYDANCE, AND HULA)**

A beginner friendly dance workout learning four main dance styles that get your hips to shake, sway, and swerve til you sweat! Learn bellydance, samba, bollywood, and hula all in one hour of fun and dancing!

### **KICKBOX CARDIO & CONDITIONING**

Kickbox Cardio & Core is a mixed martial art inspired group fitness format that incorporates punches and kicks from various disciplines such as karate, Muay Thai, traditional boxing and more. This is a workout that will improve your cardiovascular and muscular endurance as well as improve your reaction speed and agility.

### **LINE DANCING**

Get your steps in with a lively line dancing workout! This class blends easy choreography with great music to boost your cardio, coordination, and mood. No dance experience needed—just come ready to have fun and get your groove on!

### **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.

### **MAT PILATES + SCULPT**

Mat Pilates plus segments of conditioning with dumbbells.

### **MOBILITY & STRETCH**

Unlock your body's natural range of motion in a class designed to help you move, feel, and function better throughout your day. This session combines dynamic mobility exercises, gentle stretching, and breath-focused movement to improve joint health, reduce tightness, and increase flexibility. Perfect for students rushing between classes, faculty spending long hours at a desk, and staff on-the-go—each class meets you where you are. Expect guided stretches for the hips, shoulders, back, and legs, plus mobility sequences that enhance posture and reduce stress and muscle tension. Whether you're preparing for a workout, recovering from one, or simply want to feel lighter and more aligned, this class is your weekly reset for improved movement, balance, and wellbeing. All levels welcome.

### **PIYO**

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

### **POWER YOGA FLOW**

Power Yoga Flow is an energetic, fast-paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Participants will have the opportunity to practice more advanced postures, a core series, and deeper variations.

### **QI GONG FOR STRESS RELIEF & RESILIENCE**

This class begins with relaxation exercises and a guided meditation, connecting to your life force, cultivating a state of gratitude, happiness and relaxation. The practice then unfolds with a combination of soft stationary and dynamic movements with harmonious synchronized breathing. As the class concludes, you are guided through a self-administered energy massage, utilizing your own Qi (Chi) to clear any blockages and release lingering stress and tension, feeling calm, serene, present, and revitalized. Taught by Holistic Health Expert & World Champion Martial Artist Tomm Voss.

### **SENSAZAO DANCE CARDIO**

Sensazao is a fun, cardio-intensive dance workout that blends the infectious energy of international street dance with the rhythms of samba. Whether you're looking to improve your fitness, find a new way to express yourself, or simply have fun, this class offers an unforgettable experience. All levels are welcome - come and discover the Sensazao of dance!

### **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.

### **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!

### **TOTAL BODY YOGA FLOW**

A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation.

### **TOTAL BODY YOGA & SOUND BATH**

A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation with a crystal bowl sound bath.

### **WORLDANZ DANCE CARDIO**

Worldanz is a high-intensity kinesthetic fitness program that exposes participants to a compelling range of dance forms and musical styles. Worldanz works to expand the dancer's skill set through its distinct incorporation of unique movement challenges and dance rhythms. It's designed to challenge the strongest of athletes while still being available to anyone wanting to move, learn and play.

### **XTREME STEP AEROBICS**

This extremely fun, high-energy cardio workout combines hip hop choreography with traditional step aerobics. Have a blast dancing on the step to old and new school hip hop music. Get ready to sweat, step and groove! Taught by Master Trainer Ali Hassan.

### **YOGA FLOW & RELAXATION**

Similar to Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

### **YOGA SCULPT**

Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Great for increasing muscular endurance and flexibility. Let's sweat!

### **ZUMBA**

A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.

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

### **CHAIR YOGA**

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

### **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.

### **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!

### **TRANSCENDANCE™ & MORE**

TRANSCENDANCE™ is a mind-body-spirit, dance movement experience appropriate for all ages and abilities. This self-nurturing, uplifting class incorporates breath, meditation, sound, deep stretching, somatic movement, tension release, emotional expression, and free-form dance all into one magical experience of embodied bliss. Let the movement set you free!

### **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 FLOW**

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Great for increasing flexibility while also improving muscular strength and endurance.