

# IN-PERSON GROUPX YOGA & FITNESS PASS

SUMMER 2024 | SESSION C | AUGUST 5 – SEPTEMBER 16 | NO CLASSES ON 8/31 – 9/2

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 72 HOURS BEFORE A CLASS OCCURS ON A WEEK-TO-WEEK BASIS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DESTRESS YOGA FLOW</b> L1/2, 11:00-11:55 AM DYNASTY ROOM, JWC (ISABELLE)</p>	<p><b>TOTAL BODY YOGA FLOW</b> *DOES NOT START UNTIL 8/13 L2, 11:00-11:55 AM PYRAMID ROOM, JWC (MARQUITA)</p>	<p><b>DESTRESS YOGA FLOW</b> L1/2, 11:00-11:55 AM DYNASTY ROOM, JWC (ISABELLE)</p>	<p><b>TOTAL BODY YOGA FLOW</b> *DOES NOT START UNTIL 8/15 L2, 11:00-11:55 AM PYRAMID ROOM, JWC (MARQUITA)</p>	<p><b>YOGA FLOW &amp; RELAXATION</b> L2, 11:00-11:55 AM PYRAMID ROOM, JWC (BRENDA)</p>
<p><b>YOGA SCULPT</b> L1/2, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)</p>	<p><b>MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)</p>	<p><b>YOGA SCULPT</b> L1/2, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)</p>	<p><b>MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)</p>	<p><b>MAT PILATES &amp; CONDITIONING</b> L2/3, 12:05-12:55 AM PYRAMID ROOM, JWC (BRENDA)</p>
<p><b>ALEXANDER TECHNIQUE</b> L1, 12:00-12:55 PM LEGACY ROOM, JWC (KOSTA)</p>	<p><b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (DARLENE)</p>	<p><b>SPIN</b> L2/3, 12:10-12:55 PM RACQUETBALL COURT 10, JWC (JESSICA)</p>	<p><b>HIP HOP STEP</b> L2, 5:00-6:00 PM PYRAMID ROOM, JWC (ALI)</p>	<p><b>HIP HOP GROOVES</b> M2, 4:00-4:50 PM DYNASTY ROOM, JWC (BRYAN)</p>
<p><b>TOTAL BODY CHALLENGE</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (COURTNEY)</p>	<p><b>BOOTY KICKIN BARRE</b> M2, 5:10-5:50 PM GOLD OR DYNASTY ROOM, JWC (PAM)</p>	<p><b>CORE VINYASA FLOW</b> L2/3, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)</p>	<p><b>YOGA SCULPT</b> L2, 5:00-6:00 PM DYNASTY ROOM, JWC (ANNABEL)</p>	<p><b>POWER YOGA FLOW</b> L2, 9:30-10:45 AM PYRAMID ROOM, JWC (ANNABEL)</p>
<p><b>ALEXANDER TECHNIQUE</b> L1, 1:00-1:55 PM LEGACY ROOM, JWC (KOSTA)</p>	<p><b>SPIN</b> L2/3, 5:30-6:15 PM RACQUETBALL COURT 10, JWC (JOSH)</p>	<p><b>SPIN</b> L2/3, 5:30-6:15 PM RACQUETBALL COURT 10, JWC (JOSH)</p>	<p><b>SPIN</b> L2/3, 5:30-6:15 PM RACQUETBALL COURT 10, JWC (JOSH)</p>	<p><b>ZUMBA</b> M2/3, 12:00-1:00 PM PYRAMID ROOM, JWC (KEIKO)</p>
<p><b>CORE VINYASA FLOW</b> L1/2, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)</p>	<p><b>ZUMBA</b> M2, 5:00-6:00 PM DYNASTY ROOM, JWC (KEIKO)</p>	<p><b>MAT PILATES</b> M2, 5:15-6:15 PM DYNASTY ROOM, JWC (EMMY)</p>	<p><b>PIYO</b> M2, 6:10-6:50 PM DYNASTY ROOM, JWC (COURTNEY)</p>	<p><b>YOGA FLOW &amp; RELAXATION</b> L2, 4:30-5:45 PM DYNASTY ROOM, JWC (ANNABEL)</p>
<p><b>MAT PILATES</b> M2, 5:15-6:15 PM DYNASTY ROOM, JWC (EMMY)</p>	<p><b>SPIN</b> L2/3, 6:35-7:20 PM RACQUETBALL COURT 10, JWC (EMMY)</p>	<p><b>TOTAL BODY CHALLENGE</b> M2, 6:30-7:25 PM PYRAMID ROOM, JWC (EMMY)</p>		
<p><b>TOTAL BODY CHALLENGE</b> M2, 6:30-7:25 PM PYRAMID ROOM, JWC (EMMY)</p>				

## SATURDAY

**POWER YOGA FLOW**  
L2, 9:30-10:45 AM  
PYRAMID ROOM, JWC (ANNABEL)

**ZUMBA**  
M2/3, 12:00-1:00 PM  
PYRAMID ROOM, JWC (KEIKO)

## SUNDAY

**YOGA FLOW & RELAXATION**  
L2, 4:30-5:45 PM  
DYNASTY ROOM, JWC (ANNABEL)

### Summer 2024 GroupX + BSTRONG Pass

Purchase a **GroupX + BSTRONG Pass** for \$50 and have access to both **GroupX** and **BSTRONG** classes for Summer 2024!

### 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: \$50 for Summer 2024 Includes participation in BSTRONG classes. Purchase required for participation.



### Workout Intensity Levels

Complexity of Choreography  
L Low M Medium H High

Exercise Intensity  
1 Low 2 Medium 3 High

# VIRTUAL GROUPX YOGA & FITNESS PASS

SUMMER 2024 | JUNE 24 - SEPTEMBER 13 | NO CLASSES ON 7/4 & 9/2

\*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 MOVEMAIL LIVE</b> 9:45-10:00 AM ZOOM: 931 1103 1387 PASSWORD: 210246 (KC)	<b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 7:00-8:00 AM ZOOM: 910 3634 2522 PASSWORD: 122282 (KATHY)	<b>YOGA</b> L1/2, 12:00-1:00 PM ZOOM: 993 7024 2194 PASSWORD: 508847 (STEPHANIE)	<b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 8:00-9:00 AM ZOOM: 929 9873 2236 PASSWORD: 995308 (KATHY)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM: 944 8380 6299 PASSWORD: 630938 (IKU)
<b>TOTAL BODY CHALLENGE</b> M2, 12:00-1:00 PM ZOOM: 913 5683 1540 PASSWORD: 778899 (JACINTA)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM: 957 1416 7625 PASSWORD: 841922 (PETER A.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM: 944 8380 6299 PASSWORD: 630938 (IKU)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM: 957 1416 7625 PASSWORD: 841922 (PETER A.)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM: 922 5523 7237 PASSWORD: 474118 (IKU)
<b>YOGA</b> L1/2, 5:00-6:00 PM ZOOM: 926 8929 8748 PASSWORD: 452420 (STEPHANIE)	<b>CHAIR YOGA FOR THE OFFICE</b> L1, 12:00-1:00 PM ZOOM: 948 8556 5035 PASSWORD: 184317 (KATHY M.)	<b>CHAIR YOGA</b> L1/2, 1:00-2:00 PM ZOOM: 993 7024 2194 PASSWORD: 508847 (STEPHANIE)	<b>CHAIR YOGA</b> L1/2, 12:00-1:00 PM ZOOM: 995 4352 1505 PASSWORD: 558307 (STEPHANIE)	<b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM ZOOM: 974 3783 5284 PASSWORD: 047580 (ISABELLE) AND FACEBOOK LIVE
<b>DANCE CARDIO PARTY</b> M2, 6:10-6:50 PM ZOOM: 954 7347 3400 PASSWORD: 981471 (MEGHAN)	<b>GENTLE YOGA &amp; MINDFUL ART</b> L1, 4:30-5:30 PM ZOOM: 996 4534 0417 PASSWORD: 436436 (ADINA) (BRING PAPER, PEN AND COLORED PENCILS)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM: 922 5523 7237 PASSWORD: 474118 (IKU)	<b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM: 995 4352 1505 PASSWORD: 558307 (STEPHANIE)	
	<b>MAT PILATES</b> M2/3, 5:10-5:50 PM ZOOM: 998 6448 2455 PASSWORD: 130039 (PETER S.)	<b>FITBREAK MOVEMAIL LIVE</b> 2:05-2:15 PM ZOOM: 986 0592 2896 PASSWORD: 267381 (LIZ)	<b>MAT PILATES</b> M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
		<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 4:30-5:25 PM ZOOM: 889 0406 8282 PASSWORD: 8888 (CATHY)		

## SATURDAY

**YOGA**  
L2, 9:30-10:30 AM  
ZOOM: 983 4812 1459  
PASSWORD: 469755 (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 Memberships & Passes.

\*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: 6/24



## 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://instagram.com/uclarec)

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

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

### ALEXANDER TECHNIQUE

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

### 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.

### CORE VINYASA FLOW (1/2)

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

### CORE VINYASA FLOW (2/3)

Core Vinyasa Flow 2/3 is for participants who want to take their practice to the next level. This is a hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

### 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!

### DESTRESS YOGA FLOW

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.

### HIP HOP GROOVES

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.

### 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.

### POWER YOGA FLOW (1/2)

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.

### POWER YOGA FLOW (2/3)

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. PYF 2/3 is for participants who want to take their practice to the next level. Previous experience recommended.

### 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.

### XTREME HIP HOP STEP

This Xtremely 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. Light weights, water bottles, canned goods are all acceptable. 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 GROUP FITNESS & YOGA 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 comradery while helping everyone stay healthy and active during the work week.

### **GENTLE YOGA & MINDFUL ART**

Gentle Yoga and Mindful Art is an exploration of creative expression through movement and visual arts. Rooted in yogic philosophy, we will deepen our yoga practice and drop into the present moment through mindful art. This is an opportunity to slow down, tap into your senses, and allow your true self-expression to surface. Along with your lovely self, please bring a yoga mat, yoga props, blank paper, and simple drawing and coloring tools.

### **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.

### **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!

### **YOGA**

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