

# IN-PERSON GROUP FITNESS & YOGA PASS

SUMMER 2023 | SESSION C | AUGUST 7 – SEPTEMBER 15 | NO CLASSES ON 9/4

\*EACH WEEK, PLEASE SAVE YOUR SPOT AND RECEIVE NOTICES FOR CLASSES YOU PLAN TO ATTEND. GO TO “GROUP X PASS (RESERVATIONS)” AT [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu)  
RESERVATIONS FOR EACH GROUPX CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE EACH CLASS OCCURRENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DESTRESS YOGA FLOW</b> L1/2, 11:00-11:55 AM PYRAMID ROOM, JWC (ISABELLE)	<b>YOGA FLOW</b> L1/2, 11:00 AM-12:00 PM PYRAMID ROOM, JWC (MARQUITA)	<b>DESTRESS YOGA FLOW</b> L1/2, 11:00-11:55 AM PYRAMID ROOM, JWC (ISABELLE)	<b>YOGA FLOW</b> L1/2, 11:00 AM-12:00 PM PYRAMID ROOM, JWC (MARQUITA)	<b>YOGA FLOW</b> L2, 9:30-10:30 AM DYNASTY ROOM, JWC (BRENDA)
<b>YOGA SCULPT</b> L1/2, 12:00-1:00 PM PYRAMID ROOM, JWC (ISABELLE)	<b>TOTAL BODY CHALLENGE</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (BRENDA)	<b>YOGA SCULPT</b> L1/2, 12:00-1:00 PM PYRAMID ROOM, JWC (ISABELLE)	<b>MAT PILATES</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	<b>TOTAL BODY CHALLENGE</b> L2/3, 11:00-11:55 AM PYRAMID ROOM, JWC (BRENDA)
<b>CORE YOGA FLOW</b> L1/2, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	<b>MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)	<b>CORE YOGA FLOW</b> L2/3, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	<b>DANCEBODY</b> M3, 12:00-12:55 PM DYNASTY ROOM, JWC (BROOKE)	<b>HIP HOP GROOVES</b> M2, 4:30-5:25 PM PYRAMID ROOM, JWC (BRYAN)
<b>VXN</b> M2, 5:15-6:15 PM DYNASTY ROOM, JWC (LIZ)	<b>POWER YOGA FLOW</b> L2, 4:30-5:45 PM PYRAMID ROOM, JWC (ANNABEL)	<b>DANCE CARDIO PARTY</b> <del>M2, 5:15-6:15 PM</del> <del>GOLD ROOM, JWC (LAURA)</del>	<b>YOGA FLOW &amp; RELAXATION</b> L2, 4:30-5:45 PM DYNASTY ROOM, JWC (ANNABEL)	
<b>TOTAL BODY CONDITIONING</b> M2, 6:30-7:25 PM PYRAMID ROOM, JWC (CLARA)	<b>BOOTY KICKIN BARRE</b> M2, 5:10-5:50 PM GOLD ROOM, JWC (PAM)	<b>SPIN</b> L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)	<b>ZUMBA</b> M2, 5:10-5:55 PM PYRAMID ROOM, JWC (KEIKO)	
	<b>DANCEBODY</b> M3, 6:00-6:50 PM PYRAMID ROOM, JWC (BROOKE)	<b>TOTAL BODY CHALLENGE</b> M2, 6:30-7:30 PM PYRAMID ROOM, JWC (JESSICA)	<b>SPIN</b> L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)	
	<b>SPIN</b> L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)		<b>PIYO</b> M2, 6:10-6:50 PM DYNASTY ROOM, JWC (COURTNEY)	

## Important Notes

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

\*Please also cancel your reservations if you are no longer planning to attend a class. This is especially important for Spin classes.

\*Yoga Mats not provided, please bring your own yoga mat for all yoga and pilates classes.

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

## Get Started with a In-Person Fitness Pass

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

Cost: \$45/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

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

### **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 YOGA FLOW (L1/2)**

A dynamic Vinyasa Flow class that includes rhythmic vinyasa salutations, a variety of poses and a segment of core. You will build balance, strength and flexibility. You will enhance your focus and your breath capacity. Immerse yourself in a deeper experience of Yoga that will ignite your spark and soothe your soul.

### **CORE YOGA FLOW (M2/3)**

Core Yoga 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.

### **DANCEBODY**

DanceBody workout fuses together dance cardio and sculpt for functional, full-body conditioning that's both fun and effective. Our dancers-turned-instructors move you in new ways to strengthen your body, mind, and spirit through dance fitness.

### **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!

### **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 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.

### **GUTS, BUTTS & THIGHS**

This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weight.

### **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**

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.

### **RESTORATIVE YOGA & SOUND BATH**

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being, and resilience. At the end of the class there will also be a sound bath using crystal singing bowls designed to immerse you in soothing sound waves to assist you in fully letting go of any stress and bringing you into a state of deep peace. Overall, this class will rebalance your energy and help to restore physically, mentally and emotionally.

### **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!

### **VXN DANCE CARDIO**

VXN is a performance-inspired dance fitness workout designed to empower all. We use trending choreography and bold remixes to burn calories while channeling your inner diva. Get ready to dance to hip-hop, pop, and reggaeton. No previous dance experience required.

### **YOGA FLOW (HATHA VINYASA)**

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Pairing poses "asanas" with breathing techniques "pranayama," this class is slightly slower paced and focused on proper alignment.

### **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.