

FITZONES

SPRING 2021 | MARCH 29 - JUNE 6 | NO CLASSES ON MAY 29 - 31

*FITZONE CLASSES ARE FREE FOR STUDENTS, FACULTY & STAFF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)</p> <p>ALL CORE M2/3, 12:45-1:00 PM IG LIVE (DANNY)</p> <p>DANCE CARDIO & CONDITIONING M2, 12:15-12:55 PM FB LIVE (MANDY)</p> <p>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (PETER S.)</p> <p>BOOTCAMP WORKOUT (BODYWEIGHT) M2/3, 4:00-4:45 PM IG LIVE (SUZANNE)</p> <p>ULTIMATE UPPER BODY (W/DUMBBELLS) & CARDIO L1/2, 5:10-5:50 PM IG LIVE (CINDY)</p> <p>BBC - BOOTY, BACK, & CORE (BANDS, DUMBBELLS) L2/3, 6:40-7:40 PM FB LIVE (ELISA)</p>	<p>MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)</p> <p>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)</p> <p>MIDDAY MOVEMENT ENERGIZER L1, 3:00-3:20 PM FB LIVE (MANDY)</p> <p>KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)</p> <p>MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)</p> <p>CORE DE FORCE M2, 7:00-7:45 PM IG LIVE (COURTNEY)</p>	<p>CORE YOGA-FLOW L2, 7:00-7:55 AM IG LIVE (CANCELLED)</p> <p>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)</p> <p>LOW IMPACT CARDIO L1, 1:00-1:30 PM IG LIVE (CINDY)</p> <p>MIDDAY MOBILITY (TENNIS OR LACROSSE BALL) L1, 3:00-3:20 PM FB LIVE (DANNY)</p> <p>BOOTY CAMP (BANDS, DUMBBELLS) M2/3, 4:00-4:40 PM FB LIVE (SUZANNE)</p> <p>YOGA L1/2, 5:00-5:55 PM IG LIVE (MARCO)</p> <p>TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 5:15-6:15 PM FB LIVE (BRITTNEY)</p>	<p>MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)</p> <p>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS) L2/3, 8:00-9:00 AM IG LIVE (RAY)</p> <p>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (CINDY)</p> <p>AGILITY & CONDITIONING @ HOME H2/3, 3:00-3:40 PM IG LIVE (ELIZABETH)</p> <p>BOXING FOR FITNESS M2/3, 4:00-4:40 PM FB LIVE (ROB)</p> <p>MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)</p>	<p>ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)</p> <p>HIIT M2/3, 12:10-12:50 PM FB LIVE (KC)</p> <p>PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)</p> <p>MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (ROB)</p> <p>DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)</p> <p>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS) L2/3, 11:00 AM-12:00 PM IG LIVE (RAY) (SAT.)</p> <p>JUMP ROPE FITNESS M2/3, 2:00-2:40 PM IG LIVE (CAMERON) (SUN.)</p>	

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)



recreation.ucla.edu/events

• • FITZONE WORKOUT DESCRIPTIONS*

AGILITY & CONDITIONING @ HOME

It can be done! All it takes is 8'x8' clear area and some masking tape. Move, change directions, master challenging footwork patterns. Get your heart, brain, and athleticism pumping!

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.

ALL CORE

A quick but challenging workout entirely for the core (midline/torso/abs).

BBC - BOOTY, BACK, & CORE

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

BOOTCAMP WORKOUT (BODYWEIGHT)

This class uses your bodyweight and optional weights or common household objects to achieve a challenging full body workout. With long intervals and short breaks, this class will truly test your muscular endurance and cardiovascular stamina.

BOOTCAMP

Bootcamp for the core, hips, and legs!

BOXING FOR FITNESS

Segments of boxing mixed in with segments of conditioning for a fun, effective and challenging total body workout.

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.

CORE YOGA FLOW

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 incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

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).

HIIT

High Intensity Interval Training keeps the intensity up by featuring full body multi joint movements for a total body challenge. Optional weights and/or common household objects will be used.

JUMP ROPE FITNESS

Great cardio, coordination, and fun! Learn new patterns and drills to get the most out of your workout and keep it interesting!

KICKBOX FITNESS

Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

LOW IMPACT CARDIO

Perfect for the beginner exerciser or for those looking for a low impact cardio workout that gets your heart pumping.

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.

MIDDAY MOBILITY

Effective full body stretches and self myofascial release techniques that can be done wherever you are.

MIDDAY MOVEMENT ENERGIZER

An energizing movement break including movement and stretching to uplifting music that will get you over the afternoon slump!

MORNING STRETCH & MAT PILATES

Ease into the day with a 15 minute Stretch and then 30 minutes of Pilates - a total body exercise regimen that increases strength and flexibility and helps to improve posture.

PIYO

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

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!

ULTIMATE UPPER BODY & CARDIO

Meet Guts, Butts & Thighs' sister. We gotta give the upper body some love too! Using weights or common household objects, we will challenge the chest, back, arms, and get in some cardio!

YOGA

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