# VIRTUAL (LIVE) DROP-IN FITNESS & YOGA

**SUMMER 2021 | SESSION A | JUNE 21 – JULY 30 | NO CLASSES 6/28, 7/3 – 7/5**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **DANCE CARDIO & CONDITIONING**
M2, 11:10-11:55 AM  
ZOOM (IKU) | **GENTLE YOGA & MOVING MEDITATIONS**
L1/2, 7:00-8:00 AM  
ZOOM (KATHY) | **DANCE CARDIO & CONDITIONING**
M2, 11:10-11:55 AM  
ZOOM (IKU) | **GENTLE YOGA & MOVING MEDITATIONS**
L1/2, 7:00-8:00 AM  
ZOOM (KATHY) | **BOOTY KICKIN BARRE**
M2, 8:00-9:00 AM  
ZOOM (NATALIE) |
| **CORE YOGA FLOW**
M2, 12:00-12:55 PM  
ZOOM (ISABELLE) | **MORNING STRETCH & MAT PILATES**
L1, 11:30 AM-12:30 PM  
ZOOM (PETER A.) | **CORE YOGA FLOW**
L2/3, 12:00-12:55 PM  
ZOOM (ISABELLE) | **MORNING STRETCH & MAT PILATES**
L1, 11:30 AM-12:30 PM  
ZOOM (PETER A.) | **CHAKRA YOGA FLOW & MEDITATION**
M2, 10:00-11:00 AM  
ZOOM (MONA) |
| **CORE DE FORCE**
M2, 12:00-12:45 PM  
IG LIVE (COURTNEY) | **FUNCTIONAL YOGA**
L1/2, 12:00-1:00 PM  
ZOOM (TIFFANY) | **BOOTY KICKIN BARRE**
M2, 4:00-4:45 PM  
ZOOM (AMBER) | **FUNCTIONAL YOGA**
L1/2, 12:00-1:00 PM  
ZOOM (TIFFANY) | **DANCE CARDIO & CONDITIONING**
M2, 10:00-11:00 AM  
ZOOM (IKU) |
| **CYROKINESIS**
L1, 3:00-3:30 PM  
ZOOM (AMBER) | **FUNCTIONAL YOGA**
L1/2, 12:00-12:55 PM  
ZOOM (ELIZABETH) | **TOTAL BODY CHALLENGE**
(W/DUMBELLS)
L1/2, 12:10-12:50 PM  
ZOOM (ELIZABETH) | **TOTAL BODY CHALLENGE**
(W/DUMBELLS)
M2/3, 12:10-12:50 PM  
IG LIVE (Alicia) | **TOTAL BODY CHALLENGE**
M2/3, 12:10-12:50 PM  
IG LIVE (KC) |
| **BOOTY KICKIN BARRE**
M2, 4:00-4:45 PM  
ZOOM (AMBER) | **YOGA**
L1/2, 5:00-5:55 PM  
ZOOM (MEGHAN) | **RESTORATIVE YOGA**
L1, 4:30-6:00 PM  
ZOOM (MONA) | **YOGA**
L2/3, 1:00-1:55 PM  
ZOOM (STEPHANIE) | **PIYO**
M2, 12:10-12:50 PM  
IG LIVE (BRITTNEY) |
| **YOGA SCULPT**
M2, 5:00-5:55 PM  
ZOOM (ISABELLE) | **ULTIMATE UPPER BODY**
(W/DUMBELLS) & CARDIO
L1/2, 5:10-5:50 PM  
IG LIVE (CINDY) | **CARDIO YOGA SCULPT**
L2, 5:00-5:55 PM  
ZOOM (ISABELLE) | **LAUGHTER YOGA**
L1, 1:00-1:30 PM  
ZOOM (COURTNEY) | **MIXTAPE YOGA & CHILL**
M2/3, 5:00-6:00 PM  
ZOOM (MARCO) |
| **CARDIOSPORT**
M2/3, 5:30-6:20 PM  
ZOOM (DARIELA & RACHEL) | **BOOTCAMP WORKOUT**
BODYWEIGHT
M2/3, 4:00-5:00 PM  
IG LIVE (SUZANNE) | **MIXTAPE YOGA & CHILL**
L2, 5:00-6:00 PM  
ZOOM (MARCO) | **TOTAL BODY CHALLENGE**
L1/2, 4:15-5:15 PM  
ZOOM (JACINTA) | **TOTAL BODY CHALLENGE**
L1/2, 4:15-5:15 PM  
ZOOM (JACINTA) |
| **MINDBODY MOBILITY**
L1, 6:00-7:00 PM  
ZOOM (SHAWN) | **GENTLE YOGA & CREATIVE EXPRESSION**
L1, 4:00-5:30 PM  
ZOOM (MONA)  
(Need paper, pen or pencil, crayons or pastels) | **GUTS, BUTTS & THIGHS**
L2, 6:00-7:00 PM  
ZOOM (DARIELA) | **BOOY KICKIN BARRE**
M2, 6:00-6:40 PM  
IG LIVE (PAM) | **MAT PILATES**
M2, 6:00-7:00 PM  
IG LIVE (PAM) |
| **DANCE CARDIO**
M2, 7:10-7:50 PM  
ZOOM (MEGHAN) | **DEEP STRETCHING & RELAXATION**
L1, 4:00-5:00 PM  
ZOOM (CHIOMA) | **DANCE CARDIO**
M2, 7:10-7:50 PM  
ZOOM (MEGHAN) | **DEEP STRETCHING & RELAXATION**
L1, 4:00-5:00 PM  
ZOOM (CHIOMA) | **AFROBEAT YOGA**
L1/2, 6:00-7:00 PM  
ZOOM (CHIOMA) |
| **BOOTY KICKIN BARRE**
M2, 4:00-4:45 PM  
ZOOM (SUZANNE) | **JUMP ROPE FITNESS**
M2/3, 2:00-2:40 PM  
IG LIVE (CAMERON) (SUN.) | **BOOTY KICKIN BARRE**
M2, 5:00-5:40 PM  
ZOOM (PAM) | **DEEP STRETCHING & RELAXATION**
L2, 5:30-6:30 PM  
ZOOM (RACHEL) | **AFROBEAT YOGA**
L1/2, 6:00-7:00 PM  
ZOOM (CHIOMA) |
| **KICKBOX FITNESS**
M2/3, 5:10-5:50 PM  
FB LIVE (PETER S.) | **TOTAL BODY CHALLENGE**
L2, 5:30-6:30 PM  
ZOOM (RACHEL) | **TOTAL BODY CHALLENGE**
(W/DUMBELLS)
L2, 5:30-6:30 PM  
FB LIVE (BRITTNEY) | **TOTAL BODY CHALLENGE**
(W/DUMBELLS)
L1/2, 4:15-5:15 PM  
ZOOM (JACINTA) | **TOTAL BODY CHALLENGE**
(W/DUMBELLS)
L1/2, 4:15-5:15 PM  
ZOOM (JACINTA) |
| **TOTAL BODY CHALLENGE**
(W/DUMBELLS OR HOUSEHOLD OBJECTS)
L2/3, 5:30-6:30 PM  
ZOOM (RACHEL) | **MAT PILATES**
M2, 6:00-6:40 PM  
IG LIVE (PAM) | **AFROBEAT YOGA**
L1/2, 6:00-7:00 PM  
ZOOM (CHIOMA) | **AFROBEAT YOGA**
L1/2, 6:00-7:00 PM  
ZOOM (CHIOMA) | **AFROBEAT YOGA**
L1/2, 6:00-7:00 PM  
ZOOM (CHIOMA) |

*Schedules are subject to change.

[recreation.ucla.edu/groupx](recreation.ucla.edu/groupx)
VIRTUAL (LIVE) FITNESS & YOGA WORKOUT DESCRIPTIONS*

AFROBEAT YOGA
AfroBeat Yoga focuses sacral chakra movement set to AfroBeat music to help nurture a sense of groundedness and play. During each yoga class students arrive to a state of comfort and ease with a combination of yummy long-held stretches & a strong Vinyasa practice focused on alignment and generating heat from the core. Ends with svasana and a facilitated embodiment meditation for stress management.

AGILITY & CONDITIONING @ HOME
It can be done! All it takes is 8x8’ 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.

BOLLYPOP
BollyPop is a high energy cardio workout with easy to follow choreography, BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

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.

BOOTYCAMPA
Bootcamp for the core, hips, and legs!

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 bar to develop long dancer-like muscles. “It’s a kick” for the midline glutes and legs.

CARDIOSPORT
This is the most fun you’ll ever have doing cardio! Utilizing athletic based bodyweight movements, running in place, and agility in a 8’ x 8’ clear area in a continuous, non-stop format, cardio sport is intense but FUN! This unique class provides the feel of a team and simulates an “in the game like” environment where decision based movements are being made constantly. Excellent for cardio and bodyweight conditioning! Optional: Soccer Ball

CARDIO 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!

CHAIR YOGA
A gentle yoga flow all done while sitting. Modifications provided for all abilities.

CHAKRA YOGA FLOW & MEDITATION
Involves Hatha yoga journeying through the seven major energy centers as a map to facilitate balance, groundedness, and inspiration along with a deeper sense of wholeness.

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
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).

FUNCTIONAL YOGA
This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

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.

GYROKINESIS
Gyrokinesis is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath and mental focus. (Chair and mat required).

INTRO TO ALEXANDER TECHNIQUE DROP-IN
Release stress tension and pain in the body while learning optimal posture and movement mechanics. Un-learn bad habits you’ve formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body’s optimal alignment and movement patterns.

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!

LAUGHTER YOGA
Laughter Yoga is combination of deep breathing exercises from yoga and laughter exercises, which oxygenates our body and brain, makes us feel more healthy and energetic. No traditional yoga poses, just laughter and breath.

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!

MIXTAPE YOGA & CHILL
A dynamic flow of mindful movements curated with a soundtrack of today’s Hip-Hop + R&B and throwbacks that will transform, stretch, and restore your body from the inside-out.

MORNING STRETCH & MATT 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.

RESTORATIVE YOGA & MEDITATION
Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being and resilience. It rebalances our energy and helps to release tension on a physical, mental, and emotional level.

SLOW MO ECLECTIC YOGA & MEDITATION
Journey into a Hatha based slow paced moving meditation. It’s an invitation to coming home and remembering our true nature.

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 CARDIO & CONDITIONING
Fun full body conditioning and dance cardio to the fun, upbeat rhythms of music. Very similar to dance cardio & conditioning with slightly more emphasis on conditioning.
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!

U-JAM
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.

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.

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!

ZOOMBA
A fun dance cardio workout incorporating a variety of dance styles, movements and music from around the world. Enjoy getting a cardiovascular endurance workout while having fun just dancing it out!

Get Started with a Virtual/In-Person Fitness Pass
All Drop-in Fitness & Yoga classes require a Fitness Pass. Unlimited use for one quarter.

Cost:
Free for enrolled students
$25/quarter for Faculty & Staff

Get your Fitness Pass at:
secure.recreation.ucla.edu

Choose Your Workout

<table>
<thead>
<tr>
<th>Complexity of Choreography</th>
<th>L Low</th>
<th>M Medium</th>
<th>H High</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Exercise Intensity</th>
<th>1 Low</th>
<th>2 Medium</th>
<th>3 High</th>
</tr>
</thead>
</table>

Instagram Live:
instagram.com/uclarec

Facebook Live:
facebook.com/uclarec

* Schedules are subject to change.