### Monday
- **Pending Updates**

### Tuesday
- **Pending Updates**

### Wednesday
- **Pending Updates**

### Thursday
- **Pending Updates**

### Friday
- **Pending Updates**

### Saturday/Sunday
- **Pending Updates**

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**Legend**
- In-person classes
- Virtual classes

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*For all classes marked with an asterisk*

Save your spot each week for classes that may reach maximum capacity at secure.recreation.ucla.edu/program/getproducts

Get Started with a Virtual/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

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**RECOMMENDED**
- ENROLL NOW: secure.recreation.ucla.edu/groupx
- Get Started with a Virtual/In-Person Fitness Pass
- Get your Fitness Pass at secure.recreation.ucla.edu

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**Join Us Online**
- **Secure Link:** secure.recreation.ucla.edu
- **Instagram:** @uclarec
- **Facebook:** facebook.com/uclarec

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**Choose Your Workout**

- **Exercise Intensity**
  - L: Low
  - M: Medium
  - H: High

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**Secure Access**
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**Schedule Subject to Change**

- Schedule subject to change.
- Choose Your Workout
- Secure Access
- Get Started with a Virtual/In-Person Fitness Pass
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**Additional Information**
- **Secure Link:** secure.recreation.ucla.edu
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**Key Dates**
- **FALL 2021**
- **SEPTEMBER 27 - DECEMBER 5**
- **NO CLASSES 11/11, AFTER 2PM ON 11/24, 11/25 - 11/28**

---

**Promotion**
- **Minimum Enrollment:** 10
- **Maximum Enrollment:** 25
- **Maximum class size:** 25
- **Minimum age:** 18
- **No postponed classes**
- **In-person classes**
- **Virtual classes**

---

**Unlimited Use**
- **GroupX Pass**
  - Unlimited use for one quarter.

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**Drop-in Schedule**
- **Drop-in schedule**
  - **For all classes marked with an asterisk**
  - **Save your spot each week for classes**
  - **That may reach maximum capacity at secure.recreation.ucla.edu/program/getproducts**

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**Choose Your Workout**
- **Fitness Intensity**
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AFROBEAT YOGA
Afrobeat Yoga focuses on articulating 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.

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.

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.

BOXING AND BELLS
Segments of shadow boxing mixed in with segments of
weight lifting and conditioning for a fun, effective and
challenging total body & brain workout.

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 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!

DANCE IT OUT®
Dance It Out® is a total body, high energy, cardio dance
workout that is infused with 20 plus styles of dance. Dance
It Out® is a non-judgmental supportive environment where
students of all fitness levels, ages, shapes and sizes have the
time of their lives while getting fit.

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 DANCE STRETCH & FLOW
Through breath, stretching and intuitive movement,
release areas of tension and constriction so that your
energy can freely flow. This class is founded in principles
of self-compassion, self-acceptance and loving-kindness
and utilizes soulful music to assist you in dissolving inner
resistance so you can open pathways for healing, restoration
and revitalization. Attune to your body’s wisdom, access the
observing mind, and use free flow movement to
authentically express yourself and connect to your inner
spirit.

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
Gyrokinetics 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).

HIP HOP GROOVES
Learn fun, beginner friendly hip hop routines and groove
for 60 minutes of cardio, choreography and community!

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.

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

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.

MINDBODY MOBILITY
MindBody Mobility is designed to help you increase range
of motion and become pain free by a series of movements,
breathing techniques, and vision exercises to help stimulate
and activate different parts of the brain. You will become
more aware of your body and notice a more calming
presence through this mindful practice.

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.

OFFICE/DESK 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.

PHABPHIT
Phabphit is a high energy dance cardio fitness class that
incorporates core exercises and dance choreography.
Embrace your inner fabulousness by stepping beyond your
comfort zone and exploring the freedom of expression
through movement.

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.
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.

TIK TOK DANCE CHALLENGE
Have a blast learning fun, short dance routines as seen on Tik Tok. Instructor will choose popular routines of Tik Tok break down the moves and teach them step by step so you can master your favorite Tik Tok moves.

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™
TRANSCENDANCE™ is a powerful fusion of; relaxing stretching, deep-breathing, fun free-form movement positive-mindset training, embodiment coaching, and life empowerment.

TURN UP
Turn Up is more than just a dance fitness format; it’s a movement. A movement to evolve unapologetically, live loudly, dance ruthlessly and OWN our greatness together, while we take our fitness to the next level as we turn all the way up!

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
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 core!

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!