

# IN-PERSON & VIRTUAL GROUP X PASS

FALL 2021 | SEPTEMBER 27 - DECEMBER 5 | NO CLASSES 11/11, AFTER 2PM ON 11/24, 11/25 - 11/28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ULTIMATE UPPER BODY</b> L2, 10:00-10:50 AM PYRAMID ROOM, JWC (CINDY)</p> <p><b>DANCE CARDIO &amp; CONDITIONING</b> M2, 11:10-11:50 AM ZOOM (IKU)</p> <p><b>YOGA SCULPT</b> L1/2, 12:00-1:00 PM DRAKE STADIUM (ISABELLE)</p> <p><b>CORE DE FORCE</b> M2, 12:00-12:45 PM IG LIVE (COURTNEY)</p> <p><b>TOTAL BODY CHALLENGE</b> L2, 4:25-5:25 PM DRAKE STADIUM (GLENNA)</p> <p><b>*BOOTY KICKIN BARRE</b> M2, 5:10-5:50 PM GOLD ROOM, JWC (AMBER)</p> <p><b>*CORE YOGA FLOW</b> L1/2, 5:00-6:00 PM DYNASTY ROOM, JWC (ISABELLE)</p> <p><b>*SPIN</b> L2/3, 5:00-5:45 PM COURTYARD, JWC (BRYNNE)</p> <p><b>TOTAL BODY CHALLENGE</b> L1/2, 5:15-6:15 PM ZOOM (JACINTA)</p> <p><b>GENTLE DANCE STRETCH AND FLOW</b> L1, 5:15-6:15 PM PYRAMID ROOM, JWC (MANDY)</p> <p><b>MINDBODY MOBILITY</b> L1, 6:00-7:00 PM ZOOM (SHAWN)</p> <p><b>*SPIN</b> L2/3, 6:00-6:45 PM COURTYARD, JWC (GLENNA)</p> <p><b>BOXING &amp; BELLS</b> M2/3, 6:15-7:15 PM PARDEE GYM, JWC (ROB)</p> <p><b>ECSTATIC DANCE</b> M3, 6:30-7:20 PM PYRAMID ROOM, JWC (MANDY)</p> <p><b>ZOOMBA DANCE CARDIO PARTY</b> M2, 7:10-7:50 PM ZOOM (MEGHAN)</p>	<p><b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 7:00-8:00 AM ZOOM (KATHY)</p> <p><b>OFFICE/DESK YOGA (WITH A CHAIR)</b> L1, 9:00-10:00 AM ZOOM (KATHY)</p> <p><b>HATHA YOGA</b> L1/2, 9:30-10:30 AM DYNASTY ROOM, JWC (ADINA)</p> <p><b>YOGA FLOW</b> L1/2, 11:00 AM-12:00 PM DYNASTY ROOM, JWC (ADINA)</p> <p><b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</p> <p><b>*MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)</p> <p><b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (MANDY)</p> <p><b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)</p> <p><b>JUMP ROPE</b> L2, 4:30-5:15 PM DRAKE STADIUM (CAMERON)</p> <p><b>GENTLE YOGA &amp; CREATIVE EXPRESSION</b> L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)</p> <p><b>*BOOTY KICKIN BARRE</b> M2, 5:10-5:50 PM GOLD ROOM, JWC (PAM)</p> <p><b>MAT PILATES</b> M2, 4:30-5:20 PM FB LIVE (PETER S.)</p> <p><b>FUNCTIONAL YOGA</b> L1/2, 5:00-6:00 PM ZOOM (TIFFANY)</p> <p><b>DANCE CARDIO PARTY</b> M2, 5:30-6:20 PM DRAKE STADIUM (LAURA M.)</p> <p><b>*TOTAL BODY CHALLENGE</b> L2/3, 5:15-6:15 PM PYRAMID ROOM, JWC (BRITTNEY)</p> <p><b>KICKBOX FITNESS</b> M2/3, 5:30-6:20 PM FB LIVE (PETER S.)</p> <p><b>YOGA FLOW</b> L1/2, 6:00-7:00 PM ZOOM (CHIOMA)</p> <p><b>TRANSCENDANCE™</b> L1/2, 6:30-7:30 PM ZOOM (MANDY)</p> <p><b>SPIN</b> L2/3, 6:00-6:45 PM COURTYARD, JWC (BRYNNE)</p>	<p><b>LOWER BODY BLAST</b> L2, 10:00-10:50 AM PYRAMID ROOM, JWC (CINDY)</p> <p><b>DANCE CARDIO &amp; CONDITIONING</b> M2, 11:10-11:50 AM ZOOM (IKU)</p> <p><b>YOGA SCULPT</b> L1/2, 12:00-1:00 PM DRAKE STADIUM (ISABELLE)</p> <p><b>U-JAM</b> M2, 12:10-12:50 PM PYRAMID ROOM, JWC (BRYAN)</p> <p><b>GYROKINESIS</b> L1, 3:00-3:30 PM ZOOM (AMBER)</p> <p><b>CHAIR YOGA</b> L1, 3:10-3:50 PM ZOOM (MARCO)</p> <p><b>BOOTY KICKIN BARRE</b> M2, 3:30-4:15 PM HYBRID CLASS: GOLD ROOM &amp; ZOOM (AMBER)</p> <p><b>TOTAL BODY CHALLENGE</b> L2, 4:25-5:25 PM DRAKE STADIUM (GLENNA)</p> <p><b>RESTORATIVE YOGA</b> L1, 4:30-6:00 PM ZOOM (MONA)</p> <p><b>*CORE YOGA FLOW</b> M2/3, 5:00-6:00 PM PYRAMID ROOM, JWC (ISABELLE)</p> <p><b>MIXTAPE YOGA</b> M2/3, 5:00-6:00 PM ZOOM (MARCO)</p> <p><b>ZUMBA</b> M2, 5:30-6:20 PM DRAKE STADIUM (NICOLE)</p> <p><b>*SPIN</b> L2/3, 6:00-6:45 PM COURTYARD, JWC (GLENNA)</p> <p><b>TIK TOK DANCE CHALLENGE</b> M2, 6:10-6:50 PM ZOOM (MEGHAN)</p> <p><b>BOXING &amp; BELLS</b> M2/3, 6:15-7:15 PM PARDEE GYM, JWC (ROB)</p> <p><b>TURN UP</b> M3, 6:30-7:20 PM DRAKE STADIUM (NICOLE)</p> <p><b>*SPIN</b> L2/3, 7:00-7:45 PM COURTYARD, JWC (CARLYN)</p> <p><b>ZOOMBA DANCE CARDIO PARTY</b> M2, 7:10-7:50 PM ZOOM (MEGHAN)</p>	<p><b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 7:00-8:00 AM ZOOM (KATHY)</p> <p><b>HATHA YOGA</b> L1/2, 9:30-10:30 AM DYNASTY ROOM, JWC (ADINA)</p> <p><b>YOGA FLOW</b> L1/2, 11:00 AM-12:00 PM DYNASTY ROOM, JWC (ADINA)</p> <p><b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</p> <p><b>*MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)</p> <p><b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM DRAKE STADIUM PYRAMID ROOM, JWC (IKU)</p> <p><b>DANCE CARDIO PARTY</b> M2, 12:10-12:50 PM ZOOM (MEGHAN)</p> <p><b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)</p> <p><b>BOOTY KICKIN BARRE</b> M2, 5:00-5:45 PM ZOOM (PAM)</p> <p><b>FUNCTIONAL YOGA</b> L1/2, 5:00-6:00 PM ZOOM (TIFFANY)</p> <p><b>DANCE IT OUT</b> M2, 5:10-5:50 PM ZOOM (ERIC)</p> <p><b>TOTAL BODY CHALLENGE</b> L1/2, 5:15-6:15 PM ZOOM (JACINTA)</p> <p><b>*TOTAL BODY CHALLENGE</b> L2/3, 5:15-6:15 PM PYRAMID ROOM, JWC (BRITTNEY)</p> <p><b>AFROBEAT YOGA</b> L1/2, 6:00-7:00 PM ZOOM (CHIOMA)</p> <p><b>MAT PILATES</b> M2, 6:00-6:40 PM IG LIVE (PAM)</p>	<p><b>CHAKRA YOGA FLOW &amp; MEDITATION</b> M2, 10:00-11:15 AM ZOOM (MONA)</p> <p><b>DANCE CARDIO &amp; CONDITIONING</b> M2, 11:10-11:50 AM ZOOM (IKU)</p> <p><b>ALEXANDER TECHNIQUE STRESS &amp; TENSION RELEASE BREAK</b> L1, 11:30-11:45 AM FB LIVE (KOSTA)</p> <p><b>INTRO TO ALEXANDER TECHNIQUE</b> L1, 12:00-1:00 PM ZOOM (KOSTA)</p> <p><b>PHABPHIT</b> M2, 12:05-12:55 PM DRAKE STADIUM (PAISLEY)</p> <p><b>PIYO</b> M2, 12:10-12:50 PM IG LIVE (COURTNEY)</p> <p><b>LAUGHTER YOGA</b> L1, 1:00-1:30 PM ZOOM (COURTNEY)</p> <p><b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM ZOOM (ISABELLE)</p> <p><b>YOGA FLOW</b> L1/2, 4:00-5:00 PM DYNASTY ROOM, JWC (MARCO)</p> <p><b>MIXTAPE YOGA &amp; CHILL</b> L2/3, 5:00-6:00 PM DYNASTY ROOM, JWC (MARCO)</p> <p><b>TOTAL BODY CHALLENGE</b> L2, 5:10-6:10 PM PYRAMID ROOM, JWC (BRYNNE)</p>
<b>SATURDAY/SUNDAY</b>				
<p><b>Legend</b></p> <p><span style="display: inline-block; width: 15px; height: 15px; background-color: #cccccc; border: 1px solid #000;"></span> In-person classes</p> <p><span style="display: inline-block; width: 15px; height: 15px; border: 1px solid #000;"></span> Virtual classes</p>				
<p><b>Choose Your Workout</b></p> <p><b>Complexity of Choreography</b> L Low M Medium H High</p> <p><b>Exercise Intensity</b> 1 Low 2 Medium 3 High</p>				
<p><b>Get Started with a Virtual/In-Person Fitness Pass</b></p> <p>All Drop-in GroupX classes require a Fitness Pass. Unlimited use for one quarter.</p> <p>Cost: \$45/quarter</p> <p>Get your Fitness Pass at: <a href="https://secure.recreation.ucla.edu">secure.recreation.ucla.edu</a></p>				

\*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](https://secure.recreation.ucla.edu/program/getproducts)

**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 sivasana 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.

**CYROKINESIS**

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).

**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 off 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!

#### **ZOOMBA DANCE CARDIO PARTY**

A fun dance cardio workout on Zoom 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!

#### **ZUMBA**

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more. Zumba Afro emphasizes African styles of dance and music.