

# VIRTUAL (LIVE) DROP-IN FITNESS & YOGA

SPRING 2021 | INTERIM SCHEDULE | JUNE 7 - 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 11:10-11:50 AM ZOOM (IKU)	<b>MORNING STRETCH &amp; MAT PILATES</b> M2, 7:30-8:20 AM FB LIVE (PETER S.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 11:10-11:50 AM ZOOM (IKU)	<b>MORNING STRETCH &amp; MAT PILATES</b> M2, 7:30-8:20 AM FB LIVE (PETER S.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 11:10-11:50 AM ZOOM (IKU)
<b>CORE YOGA FLOW</b> L1/2, 12:00-12:55 PM ZOOM (ISABELLE)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30-12:30 PM ZOOM (PETER A.)	<b>CORE YOGA FLOW</b> L2/3, 12:00-12:55 PM ZOOM (ISABELLE)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30-12:30 PM ZOOM (PETER A.)	<b>HIIT</b> M2/3, 12:10-12:50 PM FB LIVE (KC)
<b>HIIT</b> M2/3, 12:00-12:35 PM IG LIVE (DANNY)	<b>FUNCTIONAL YOGA</b> L1/2, 12:30-1:30 PM ZOOM (TIFFANY)	<b>TOTAL BODY CHALLENGE (W/DUMBBELLS)</b> M2/3, 12:10-12:50 PM IG LIVE (ROB)	<b>FUNCTIONAL YOGA</b> L1/2, 12:30-1:30 PM ZOOM (TIFFANY)	<b>PIYO</b> M2, 12:10-12:50 PM IG LIVE (COURTNEY)
<b>YOGA SCULPT</b> M2, 5:00-5:55 PM ZOOM (ISABELLE)	<b>TOTAL BODY CHALLENGE (W/DUMBBELLS)</b> M2/3, 12:10-12:50 PM IG LIVE (CINDY)	<b>CARDIO YOGA SCULPT</b> L2, 5:00-5:55 PM ZOOM (ISABELLE)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:15-12:55 PM ZOOM (MEGHAN)	<b>LAUGHTER YOGA</b> L1, 1:00-1:30 PM ZOOM (COURTNEY)
	<b>DANCE CARDIO</b> M2, 12:10-12:50 PM ZOOM (MEGHAN)		<b>YOGA</b> L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)	<b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM FB LIVE (ISABELLE)
	<b>YOGA</b> L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)		<b>BOOTY KICKIN BARRE</b> M2, 5:00-5:40 PM ZOOM (PAM)	
	<b>BOOTY KICKIN BARRE</b> M2, 5:00-5:40 PM ZOOM (PAM)		<b>MAT PILATES</b> M2, 6:00-6:40 PM IG LIVE (PAM)	
	<b>KICKBOX FITNESS</b> M2/3, 5:10-5:50 PM FB LIVE (PETER S.)			
	<b>MAT PILATES</b> M2, 6:00-6:40 PM IG LIVE (PAM)			

## 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)

REV: 6/21 \*Schedules are subject to change.



[recreation.ucla.edu/groupx](https://recreation.ucla.edu/groupx)

## • • VIRTUAL (LIVE) FITNESS & YOGA 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.

### 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!

### 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

Alternate between fun dance cardio choreography and total body conditioning with optional weights or common household objects.

### 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.

### 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.

### 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.

### 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.

### 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!

### 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!