

# FITZONES IN-PERSON DROP-IN FITNESS & YOGA

SPRING 2024 | APRIL 1 - JUNE 9 | NO CLASSES ON 5/25 – 5/27

\*CLASSES ARE SUBJECT TO CHANGE. OUTDOOR CLASSES CANCELED IN INCLEMENT WEATHER CONDITIONS (RAIN, EXTREME HEAT, ETC).

PLEASE READ IMPORTANT NOTES SECTION BELOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FIT SPORTS: BASKETBALL</b> M2, 12:00-1:00 PM COLLINS COURT, JWC	<b>FIT SPORTS: SOCCER</b> M2, 12:00-1:00 PM IM FIELD	<b>FIT SPORTS: BASKETBALL</b> M2, 12:00-1:00 PM COLLINS COURT, JWC	<b>FIT SPORTS: SOCCER</b> M2, 12:00-1:00 PM IM FIELD	<b>FIT SPORTS: BASKETBALL</b> M2, 12:00-1:00 PM COLLINS COURT, JWC
<b>BEGINNER STRETCH &amp; RELAXATION</b> 12:00-12:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)	<b>TOTAL BODY WORKOUT</b> 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	<b>YOGA FLOW</b> 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)	<b>TOTAL BODY WORKOUT</b> 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	<b>ALEXANDER TECHNIQUE</b> 12:00-12:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)
<b>WORLDANZ DANCE CARDIO</b> M2, 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (ALIYA)	<b>YOGA FLOW</b> 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (GRACE)	<b>TOTAL BODY WORKOUT</b> 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)	<b>YOGA STRETCH &amp; CORE</b> 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	<b>ALEXANDER TECHNIQUE</b> 1:00-1:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)
<b>BEGINNER STRENGTH, CONDITIONING &amp; STRETCH</b> 12:30-1:00 PM WILSHIRE CENTER SUITE 130 (BRENDA)	<b>YOGA STRETCH &amp; CORE</b> 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)		<b>DANCE CARDIO PARTY</b> M2, 12:20-1:00 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (SAMANTHA)	
<b>Fit Sports:</b> Fit Sports are co-ed pick-up games available to UCLA staff and faculty for some mid-workday fun. For any questions about Fit Sports please see contact info below: For soccer email fitsoccer@lists.ucla.edu For bball email suzpark@support.ucla.edu	<b>TAI CHI</b> L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)	<b>Wilshire Center classes:</b> Wilshire Center classes are located at 10920 Wilshire Blvd.  <b>Directions to CHS/Semel 8th floor rooftop patio:</b> The "H" elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance. Take "H" elevators to 7th floor and use stairwell to get all the way up to 8th floor (only one of the six "H" elevators goes all the way up to the 8th floor). Then find door out to the rooftop patio.		

# FITZONES VIRTUAL DROP-IN FITNESS & YOGA

SPRING 2024 | APRIL 1 - JUNE 9 | NO CLASSES ON 5/25 – 5/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FITBREAK MOVEMAIL LIVE</b> 9:45-9:55 AM ZOOM (KC)	<b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 7:00-8:00 AM ZOOM (KATHY)	<b>YOGA</b> L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	<b>GENTLE YOGA &amp; MOVING MEDITATIONS</b> L1/2, 8:00-9:00 AM ZOOM (KATHY)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (IKU)
<b>TOTAL BODY CHALLENGE</b> M2, 12:00-1:00 PM ZOOM (JACINTA)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 12:10-12:50 PM ZOOM (IKU)	<b>TAI CHI &amp; QI GONG</b> L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM (IKU)
<b>YOGA</b> L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	<b>CHAIR YOGA FOR THE OFFICE</b> L1, 12:00-1:00 PM ZOOM (KATHY M.)	<b>CHAIR YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	<b>CHAIR YOGA</b> L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	<b>DEEP STRETCHING &amp; RELAXATION</b> L1, 4:00-5:00 PM ZOOM AND FACEBOOK LIVE (ISABELLE)
<b>DANCE CARDIO PARTY</b> M2, 6:10-6:50 PM ZOOM (MEGHAN)	<b>DESTRESS DANCE BREAK</b> L1/2, 2:00-2:10 PM ZOOM (MANDY)	<b>FITBREAK</b> 1:00-1:15 PM ZOOM (IKU)	<b>YOGA</b> L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	
	<b>TRANSCENDANCE (STRETCHING, DANCING &amp; STRESS RELIEF)</b> M2, 4:30-6:00 PM ZOOM (MANDY)	<b>FITBREAK MOVEMAIL LIVE</b> 2:05-2:15 PM ZOOM (LIZ)	<b>MAT PILATES</b> M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
	<b>MAT PILATES</b> M2/3, 5:10-5:50 PM ZOOM (PETER S.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2, 4:30-5:25 PM ZOOM (CATHY)		

## Important Notes

\*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu/memberships) under Memberships & Passes.

\*Once registered, check your email for a confirmation receipt. Scroll to the bottom of the email to find schedule link. Schedule link will route you to a pdf schedule with Zoom info for all of the classes.

\*Schedule subject to change. Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

REV: 5/24

## Workout Intensity Levels

Complexity of Choreography  
L Low M Medium H High

Exercise Intensity  
1 Low 2 Medium 3 High



[fitwell.recreation.ucla.edu/programs/fitzones](https://fitwell.recreation.ucla.edu/programs/fitzones)

Instagram Live:  
[instagram.com/uclarec](https://instagram.com/uclarec)

Facebook Live:  
[facebook.com/uclarec](https://facebook.com/uclarec)

## • • FITZONES WORKOUT DESCRIPTIONS\*

### ALEXANDER TECHNIQUE

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.

### BEGINNER FULL BODY STRETCH & RELAXATION

This beginner friendly, easy to follow class will help you stretch all major muscle groups in your body and help you unwind, breathe, and let go of stress and tension physically, mentally and emotionally. The perfect way to take a midday break to re-center and refresh in mind, body and spirit. A slightly shorter class to help you make time for movement and mindfulness on a busy day.

### BEGINNER TOTAL BODY STRENGTH, CONDITIONING & STRETCH

A great class for anyone new to strength and conditioning training or anyone who has been on a long hiatus from regular exercise. Learn beginner level strength and conditioning exercises to help you build muscular strength, stamina, balance, coordination, flexibility and overall well-being. A slightly shorter class to help you make time for fitness on a busy day.

### CHAIR 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.

### 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!

### 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).

### FITBREAK

Fit Breaks are short movement breaks designed to help you re-energize, stretch tight muscles, alleviate tension from repetitive movements, and connect with your body. Relieve stress, Increase mobility, and improve mood with movement! Perfect for boosting team comradery while helping everyone stay healthy and active during the work week.

### 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.

### 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.

### 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™

Dance away tense, stagnant blocked energy through intuitive free-form movement to uplifting, soulful music. Great way to release stress and reconnect with your inner joy and peace. Learn how to listen to your own body's wisdom and unlock your creative flow.

### WORLDANZ

Worldanz is a high-intensity kinesthetic fitness program that exposes participants to a compelling range of dance forms and musical styles. Worldanz works to expand the dancer's skill set through its distinct incorporation of unique movement challenges and dance rhythms. It's designed to challenge the strongest of athletes while still being available to anyone wanting to move, learn and play.

### 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 STRETCH & CORE

A hatha yoga class that includes breathing techniques, vinyasa flow, and poses aimed to develop greater core strength. This is a feel-good class with a great mix of opportunities to challenge yourself and also destress and relax.

