

FITZONES IN-PERSON DROP-IN FITNESS & YOGA

SUMMER 2025 | SESSION A JUN. 23 - AUG. 1 NO CLASS 7/4 | SESSION C AUG. 4 - SEPT. 12 NO CLASS 9/1

*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
FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC	FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD	FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLINS COURT, JWC
YOGA FLOW 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)	TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	TOTAL BODY WORKOUT 12:00-1:00 PM WILSHIRE CENTER SUITE 130 (SARAH)	TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (IKU)	ALEXANDER TECHNIQUE 12:00-12:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)
TOTAL BODY WORKOUT 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)	YOGA STRETCH & CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	Wilshire Center classes: Wilshire Center classes are located at 10920 Wilshire Blvd.		
	TAI CHI L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)			
	TAI CHI L1, 5:30-6:30 PM KAPLAN HALL 278 (MICHAEL)			
		Fit Sports: 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		
			TAI CHI 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (IKU)	ALEXANDER TECHNIQUE 1:00-1:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)

FITZONES VIRTUAL DROP-IN FITNESS & YOGA

SUMMER 2025 | SESSION A JUN. 23 - AUG. 3 NO CLASS 7/4 - 7/5 | SESSION C AUG. 4 - SEPT. 14 NO CLASS 8/30 - 9/1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (KC)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	TOTAL BODY CHALLENGE M2, 11:30 AM-12:00 PM ZOOM (JACINTA)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)	WUDANG DRAGON GATE QI GONG L1, 12:00-1:00 PM ZOOM (TOMM)	CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	FITBREAK 1:00-1:15 PM ZOOM (IKU)
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	HATHA YOGA L1, 5:15-6:30 PM ZOOM (ADINA)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)
		FITBREAK 1:00-1:15 PM ZOOM (IKU)	MAT PILATES M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
		FITBREAK MOVEMAIL LIVE 2:05-2:15 PM ZOOM (LIZ)		
		DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)		
				SATURDAY
				YOGA L2, 9:30-10:30 AM ZOOM (TIFFANY)

Important Notes

*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: secure.recreation.ucla.edu under Purchase Memberships.

*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.

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

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

Facebook Live:
[facebook.com/uclarec](https://www.facebook.com/uclarec) REV: 6/25

• • FITZONES WORKOUT DESCRIPTIONS*

CHAIR YOGA FOR THE OFFICE

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 & 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.

HATHA YOGA

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

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.

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!

WUDANG DRAGON GATE QI GONG

This class begins with relaxation exercises and a guided meditation, connecting to your life force, cultivating a state of gratitude, happiness and relaxation. The practice then unfolds with a combination of soft stationary and dynamic movements with harmonious synchronized breathing. As the class concludes, you are guided through a self-administered energy massage, utilizing your own Qi (Chi) to clear any blockages and release lingering stress and tension, feeling calm, serene, present, and revitalized. Taught by Holistic Health Expert & World Champion Martial Artist Tom Voss.

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 FLOW

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Great for increasing flexibility while also improving muscular strength and endurance.