

# IN-PERSON GROUP FITNESS & YOGA PASS

FALL 2022 | SEPTEMBER 22 - DECEMBER 4 | NO CLASSES ON 11/11, AFTER 1PM ON 11/23, AND 11/24 - 11/27

\*EACH WEEK, PLEASE SAVE YOUR SPOT AND RECEIVE NOTICES FOR CLASSES YOU PLAN TO ATTEND. GO TO "GROUP X PASS (RESERVATIONS)" AT [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOGA SCULPT</b> M2, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	<b>HATHA VINYASA YOGA</b> L1/2, 10:45-11:45 AM DYNASTY ROOM, JWC (ADINA)	<b>YOGA FLOW</b> L1/2, 9:30-10:30 AM DYNASTY ROOM, JWC (GRACE)	<b>YOGA FLOW</b> M1, 10:45-11:45 AM DYNASTY ROOM, JWC (MARQUITA)	<b>YOGA FLOW</b> L1/2, 9:30-10:30 AM DYNASTY ROOM, JWC (SHIVANGI)
<b>CORE DE FORCE</b> M2, 12:05-12:55 PM PYRAMID ROOM, JWC (COURTNEY)	<b>MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)	<b>YOGA SCULPT</b> M2, 12:00-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	<b>YOGA FLOW</b> M2, 12:00-1:00 PM PYRAMID ROOM, JWC (MARQUITA)	<b>TOTAL BODY CHALLENGE</b> M2/3, 11:00-11:55 AM PYRAMID ROOM, JWC (BRENDA)
<b>CORE YOGA FLOW</b> M2, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	<b>TOTAL BODY CHALLENGE</b> M2/3, 12:05-12:55 PM PYRAMID ROOM, JWC (IKU)	<b>TOTAL BODY CHALLENGE</b> L2/3, 12:05-12:55 PM PYRAMID ROOM, JWC (BRYNNE)	<b>MAT PILATES</b> M2, 12:05-12:55 PM DYNASTY ROOM, JWC (PETER S.)	<b>DANCE CARDIO &amp; CONDITIONING</b> M2/3, 12:05-12:55 PM PYRAMID ROOM, JWC (BRENDA)
<b>SPIN</b> L2/3, 5:30-6:15 PM STUDIO 2314, JWC (EMMY)	<b>HATHA VINYASA YOGA</b> L1/2, 4:00-5:00 PM DYNASTY ROOM, JWC (ADINA)	<b>SPIN</b> L2/3, 5:00-5:45 PM STUDIO 2314, JWC (EMMY)	<b>YOGA FLOW</b> L1/2, 4:00-5:00 PM DYNASTY ROOM, JWC (ANNABEL)	<b>HIP HOP GROOVES</b> M2, 4:00-4:50 PM PYRAMID ROOM, JWC (BRYAN)
<b>DANCE CARDIO &amp; CONDITIONING</b> L1/2, 6:00-6:50 PM DYNASTY ROOM, JWC (BRENDA)	<b>BOOTY KICKIN BARRE</b> M2, 5:10-5:50 PM GOLD ROOM, JWC (PAM)	<b>CORE YOGA FLOW</b> M2/3, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	<b>ZUMBA</b> M3, 5:10-6:00 PM DYNASTY ROOM, JWC (KEIKO)	<b>RESTORATIVE YOGA &amp; SOUND BATH</b> L1, 6:30-7:50 PM PYRAMID ROOM, JWC (MARQUITA)
<b>TOTAL BODY CHALLENGE</b> M2, 6:25-7:25 PM PYRAMID ROOM, JWC (EMMY)	<b>ZUMBA</b> M3, 5:10-6:10 PM DYNASTY ROOM, JWC (KEIKO)	<b>DANCE CARDIO PARTY</b> M2, 5:15-6:15 PM GOLD ROOM, JWC (LAURA)	<b>PIYO</b> M2, 6:10-6:50 PM DYNASTY ROOM, JWC (COURTNEY)	<b>SATURDAY</b>  <b>YOGA FLOW</b> L1/2, 11:00-12:15 PM DYNASTY ROOM, JWC (VARIOUS)
<b>YOGA FLOW &amp; RELAXATION</b> L1/2, 7:35-8:35 PM PYRAMID ROOM, JWC (ANNABEL)	<b>TOTAL BODY CHALLENGE</b> L2/3, 5:10-6:10 PM PYRAMID ROOM, JWC (BRYNNE)	<b>SPIN</b> L2/3, 6:30-7:15 PM STUDIO 2314, JWC (BRYNNE)	<b>YOGA FLOW</b> M2, 7:00-8:00 PM DYNASTY ROOM, JWC (GRACE)	
	<b>YOGA FLOW</b> M2, 6:20-7:20 PM DYNASTY ROOM, JWC (GRACE)	<b>RESTORATIVE YOGA &amp; SOUND BATH</b> L1, 6:30-7:50 PM PYRAMID ROOM, JWC (MARQUITA)		
	<b>SPIN</b> L2/3, 6:30-7:15 PM STUDIO 2314, JWC (BRYNNE)			

## Important Notes

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

\*Please also cancel your reservations if you are no longer planning to attend a class. This is especially important for Spin classes.

\*Yoga Mats not provided, please bring your own yoga mat for all yoga and pilates classes.

To view program refund policies go to: [recreation.ucla.edu/member-services](https://recreation.ucla.edu/member-services)



## Get Started with a 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](https://secure.recreation.ucla.edu)

## Choose Your Workout

**Complexity of Choreography**  
**L** Low **M** Medium **H** High

**Exercise Intensity**  
**1** Low **2** Medium **3** High

## • • IN-PERSON GROUP FITNESS & YOGA PASS 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.

### **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!

### **HATHA VINYASA YOGA**

A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Pairing poses "asanas" with breathing techniques "pranayama," this class is slightly slower paced and focused on proper alignment.

### **HIP HOP GROOVES**

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.

### **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.

### **PIYO**

The perfect combo of Yoga and Pilates based moves, set to upbeat music.

### **RESTORATIVE YOGA & SOUND BATH**

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being, and resilience. At the end of the class there will also be a sound bath using crystal singing bowls designed to immerse you in soothing sound waves to assist you in fully letting go of any stress and bringing you into a state of deep peace. Overall, this class will rebalance your energy and help to restore physically, mentally and emotionally.

### **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.

### **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 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.

### **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!

### **ZUMBA**

A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.