

GROUPX FITNESS & YOGA PASS (IN-PERSON)

SUMMER 2025 | SESSION A JUN. 23 - AUG. 3 NO CLASS 7/4 - 7/6 | SESSION C AUG. 4 - SEPT. 14 NO CLASS 8/30 - 9/1

UNLIMITED ACCESS TO DROP-IN TO ANY CLASS ON THE GROUPX SCHEDULE AS OFTEN AS YOU LIKE ALL QUARTER LONG.

RESERVATIONS FOR EACH CLASS OCCURRENCE RECOMMENDED BUT NOT REQUIRED. GO TO [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu) TO SAVE YOUR SPOT FOR EACH CLASS.

RESERVATIONS FOR EACH CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE A CLASS OCCURS ON A WEEK-TO-WEEK BASIS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER YOGA SCULPT L1/2, 12:05-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	MAT PILATES M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	POWER YOGA SCULPT L1/2, 12:05-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	TOTAL BODY CHALLENGE M2/3, 12:05-1:00 PM *STARTS FROM JULY 10 PYRAMID ROOM, JWC (FAITH)	YOGA FLOW & RELAXATION L2, 10:30-11:30 AM PYRAMID ROOM, JWC (BRENDA)
POWER YOGA FLOW L1/2, 5:00-6:15 PM DYNASTY ROOM, JWC (ISABELLE)	TOTAL BODY CHALLENGE M2/3, 4:15-5:15 PM PYRAMID ROOM, JWC (TERRI)	POWER YOGA FLOW L2/3, 5:00-6:15 PM DYNASTY ROOM, JWC (ISABELLE)	SPIN L2/3, 4:15-5:00 PM PYRAMID ROOM, JWC (TERESE)	MAT PILATES L2/3, 11:45 AM-12:45 PM PYRAMID ROOM, JWC (BRENDA)
FULL BODY STRENGTH M2, 5:00-5:55 PM PYRAMID ROOM, JWC (SARAH-TURAN)	BOOTY KICKIN BARRE M2, 5:10-5:55 PM GOLD ROOM, JWC (PAM)	MAT PILATES M2, 5:15-6:15 PM PYRAMID ROOM, JWC (BRENDA)	PILATES + SCULPT L2, 5:00-6:00 PM DYNASTY ROOM, JWC (ANNABEL)	TOTAL BODY CHALLENGE M2/3, 4:15-5:15 PM PYRAMID ROOM, JWC (TERRI)
LATIN BALLROOM FITNESS M2, 6:00-6:55 PM PYRAMID ROOM, JWC (BATU)	SPIN L2/3, 5:45-6:30 PM PYRAMID ROOM, JWC (JOSH)	YOGA FLOW & SOUND BATH M2, 6:30-7:25 PM DYNASTY ROOM, JWC (BRENDA)	SPIN L2/3, 5:45-6:30 PM PYRAMID ROOM, JWC (JOSH)	
HIP HOP STEP AEROBICS H3, 7:00-7:55 PM PYRAMID ROOM, JWC (MIKAELA)	ZUMBA M2, 5:00-6:00 PM DYNASTY ROOM, JWC (KEIKO)	SPIN L2/3, 6:35-7:20 PM *SESSION A ONLY PYRAMID ROOM, JWC (AUTUMN)	PIYO M2, 6:15-7:15 PM *SESSION A ONLY DYNASTY ROOM, JWC (COURTNEY)	



BSTRONG SUMMER 2025

SESSION A JUNE 30 - AUG. 1
SESSION C AUG. 4 - SEPT. 12 NO CLASS 8/30 - 9/1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BSTRONG: STRENGTH 8:30 - 9:30 AM DRAKE RIG (ROB & TRINITY)	BSTRONG: CORE & CONDITIONING 8:30 - 9:30 AM DRAKE RIG (ROB)	BSTRONG: STRENGTH 8:30 - 9:30 AM DRAKE RIG (ROB & TRINITY)	BSTRONG: CORE & CONDITIONING 8:30 - 9:30 AM DRAKE RIG (ROB)	BSTRONG: STRENGTH 4:00 - 5:00 PM DRAKE RIG (KEKOA)
BSTRONG: STRENGTH 6:15 - 7:15 PM NW CORNER, DRAKE (TROY)	BSTRONG: STRENGTH 4:00 - 5:00 PM DRAKE RIG (KEKOA & CHRIS)	BSTRONG: STRENGTH 6:15 - 7:15 PM NW CORNER, DRAKE (TROY)	BSTRONG: STRENGTH 4:00 - 5:00 PM DRAKE RIG (KEKOA & CHRIS)	
	BSTRONG: CORE & CONDITIONING 5:15 - 6:15 PM NW CORNER, DRAKE (TROY)		BSTRONG: CORE & CONDITIONING 5:15 - 6:15 PM NW CORNER, DRAKE (TROY)	

Important Notes

*Go to recreation.ucla.edu/groupx for more detailed information regarding the GroupX + BStrong pass.

*Schedule subject to change.

Email notifications sent out for class cancellations and updates.

*Yoga mats not provided.

*View refund policies at: recreation.ucla.edu/member-services.

Cost: \$50/quarter (GroupX + BStrong) Purchase required for participation.

REV: 6/25



Workout Intensity Levels

Complexity of Choreography

L Low M Medium H High

Exercise Intensity

1 Low 2 Medium 3 High

GROUPX FITNESS & YOGA PASS (VIRTUAL)

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

*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL FITWELL@RECREATION.UCLA.EDU

PLEASE READ IMPORTANT NOTES SECTION BELOW

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.

View refund policies at: recreation.ucla.edu/member-services

REV: 6/25



Workout Intensity Levels

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

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

Instagram Live:
instagram.com/uclarec

• • IN-PERSON GROUPX FITNESS & YOGA PASS WORKOUT DESCRIPTIONS*

BOOTY KICKIN BARRE

Barre is a low-impact, medium intensity fitness class that blends ballet-inspired, yoga, and pilates strength training exercises to tone muscles, improve balance and flexibility, and target the core. Equipment often used can include fitness balls, the ballet barre, resistance bands, and light hand held weights to activate deeper muscles for a fullbody workout. This method focuses on small, controlled movements that build endurance while promoting mindbody connection and posture alignment. Classes are typically done barefoot or with grippy socks, allowing you to stay grounded and stable while you feel the burn!

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!

FULL BODY STRENGTH

This full-body strength class is designed to challenge every muscle in your body with expert coaching by a certified personal trainer and a motivating atmosphere with energizing music. Whether you're a beginner or a more experienced exerciser, you'll leave feeling stronger, more confident, and ready to crush your goals for your health and life!

HIP HOP STEP AEROBICS

This extremely fun, high-energy cardio workout combines hip hop choreography with traditional step aerobics. Have a blast dancing on the step to old and new school hip hop music. Get ready to sweat, step and groove! Taught by Master Trainer Ali Hassan.

LATIN BALLROOM FITNESS

Come and Learn Latin & Ballroom Dancing while getting a great workout!. It's a fun way to exercise while you are also learning the actual dance styles, steps and the technique. The Instructor will demonstrate quick routines from Cha Cha, Samba, Jive, Paso Doble, Rumba, Slow Waltz, Tango, Quickstep, Viennese Waltz and Foxtrot. There will be bonus Dances like Salsa, Merengue, and Reggaeton for adding more flavor. You'll be able to dance a full song from each dance style. All Levels are Welcome. (No Partner Required).

MAT PILATES

Mat Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Instructor might use various pieces of equipment like dumbbells, fit balls, resistance loops, gliders, etc. to enhance the workout.

MAT PILATES + SCULPT

Mat Pilates plus sculpting with light dumbbells.

PIYO

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

POWER YOGA FLOW

Power Yoga Flow is an energetic, fast-paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Participants will have the opportunity to practice more advanced postures, a core series, and deeper variations.

POWER YOGA & SCULPT

Power yoga flow, plus moderate, optional weight lifting with dumbbells, and cardio conditioning. Great for improving cardiovascular health and muscular endurance. Let's sweat!

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 & RELAXATION

Similar to Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

YOGA FLOW & SOUND BATH

Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and healing sound bath for deep relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation with a crystal bowls sound bath at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

ZUMBA

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

BSTRONG

Bruin Strong (BStrong) is a goal oriented, progressive strength & conditioning system designed by UCLA's top fitness professionals. This comprehensive fitness program is everything you need: compound resistance training with a variety of equipment including barbells, racks, kettlebells, dumbbells, etc.; power training; plyometrics; conditioning/ cardio, core & more! With smaller class sizes, you get the top notch instruction & feedback you'd expect in a personal training session coupled with the energy, enthusiasm & connection of working out in a group. Get STRONG with your fellow Bruins! "Let's go, Bruins! Let's go!"

Classes are mixed level, meaning they can be scaled for different fitness levels.

For best results, take 3-5 classes per week.

Balanced sample weekly schedules:

3 x BSTRONG: Strength + 2 x BSTRONG: Core & Conditioning

To view program refund policies go to:

recreation.ucla.edu/member-services

CLASS DESCRIPTIONS:

BSTRONG: STRENGTH

This class features compound strength exercises (main lifts like dead lifts, squats and presses) and isolation/assistance exercises for a comprehensive strength based class.

Typical daily training emphasis is as follows: Mondays (Full Body & Squatting), Tuesdays (Upper Body Pulling), Wednesdays (Full Body & Deadlifting), Thursdays (Upper Body Pushing), Fridays (Full Body and Power Movements).

BSTRONG: CORE & CONDITIONING

Featuring compound strength movements, power exercises, cardio, and core, this class focuses on max conditioning. Taught HIIT or Interval style, this is the cardio to your strength.

• • VIRTUAL GROUPX YOGA & FITNESS PASS 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.

