### FITZONES IN-PERSON DROP-IN FITNESS & YOGA
**FALL 2023 | OCTOBER 2 – DECEMBER 10 | NO CLASSES ON 11/10, 11/22 AFTER 2 PM, AND 11/23 – 11/26**

*Classes are subject to change. Outdoor classes canceled in inclement weather conditions (rain, extreme heat, etc). Please read important notes section below.*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLENS COURT, JWC</td>
<td>FIT SPORTS: SOCCER M2, 12:00-1:00 PM IM FIELD</td>
<td>FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLENS COURT, JWC</td>
<td>FIT SPORTS: BASKETBALL M2, 12:00-1:00 PM COLLENS COURT, JWC</td>
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<tr>
<td>YOGA FLOW 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)</td>
<td>TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)</td>
<td>YOGA FLOW 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)</td>
<td>TOTAL BODY WORKOUT 11:30 AM-12:25 PM WILSHIRE CENTER SUITE 130 (BRENDA)</td>
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<tr>
<td>WORLDANZ DANCE CARDIO M2, 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (ALIYA)</td>
<td>MIocene Court, JWC</td>
<td>YOGA STRETCH &amp; CORE 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)</td>
<td>ALEXANDER TECHNIQUE 12:00-12:55 PM WILSHIRE CENTER SUITE 130 (KOSTA)</td>
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<td>TOTAL BODY WORKOUT 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (BRENDA)</td>
<td>DANCE CARDIO 12:10-12:50 PM CHS/SEMEL ROOFTOP 8TH FLOOR PATIO (GRACE)</td>
<td>TOTAL BODY WORKOUT 12:30-1:30 PM WILSHIRE CENTER SUITE 130 (KOSTA)</td>
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<tr>
<td>TAI CHI &amp; QI GONG L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)</td>
<td>TAI CHI &amp; QI GONG L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)</td>
<td>TAI CHI &amp; QI GONG L1, 3:45-4:30 PM WILSHIRE CENTER SUITE 130 (MICHAEL)</td>
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<tr>
<td>TAI CHI L1, 5:30-6:30 PM KAPLAN HALL 212 (MICHAEL)</td>
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### FITZONES VIRTUAL DROP-IN FITNESS & YOGA
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<tbody>
<tr>
<td>FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (XIC)</td>
<td>GENTLE YOGA &amp; MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)</td>
<td>YOGA L1/2, 12:00-1:00 PM ZOOM (STEFANIE)</td>
<td>GENTLE YOGA &amp; MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)</td>
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<tr>
<td>YOGA L1/2, 5:00-6:00 PM ZOOM (STEFANIE)</td>
<td>TAI CHI &amp; QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 12:10-12:50 PM ZOOM (KATHY)</td>
<td>TAI CHI &amp; QI GONG L1, 11:30 AM-12:30 PM ZOOM (KATHY)</td>
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<tr>
<td>DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)</td>
<td>CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)</td>
<td>CHAIR YOGA L1/2, 10:30-11:30 AM ZOOM (STEFANIE)</td>
<td>CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEFANIE)</td>
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<td>GENTLE YOGA &amp; CREATIVE EXPRESSION L1, 4:00-5:00 PM ZOOM (NOMA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)</td>
<td>FITBREAK 1:00-1:15 PM ZOOM (KATHY)</td>
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<td>GENTLE YOGA &amp; CREATIVE EXPRESSION L1, 4:00-5:00 PM ZOOM (NOMA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)</td>
<td>FITBREAK MOVEMAIL LIVE 2:00-2:15 PM ZOOM (LIZ)</td>
<td>DEEP STRETCHING &amp; RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)</td>
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<td>MAT PILATES M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCAREC (PAM)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)</td>
<td>SATURDAY</td>
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<td></td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 1:00-2:00 PM ZOOM (STEFANIE)</td>
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### Important Notes
*To receive Zoom Meeting IDs and Passcodes, you must register for the FREE FitZones membership at: secure.recreation.ucla.edu under the Memberships & Passes section of the online store.

*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.

*Save schedule link and check for live updates throughout the quarter. *Schedule subject to change. Email notices sent to announce changes.

**REV: 10/23**

### Choose Your Workout

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

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

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**UCLArec**

*Instagram Live:*
instagram.com/uclarec

*Facebook Live:*
facebook.com/uclarec

*facebook.com/uclarec*
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.

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.

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.

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 WORKOUT
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!

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.