

VIRTUAL GROUP FITNESS & YOGA PASS

WINTER 2023 | JANUARY 9 - MARCH 17 | NO CLASSES ON 1/16 AND 2/20

*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 L1, 10:05-10:15 AM ZOOM (KC)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	FITBREAK L1, 10:50-11:05 AM ZOOM (EMMA)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
ALEXANDER TECHNIQUE MINDFUL POSTURE & RELAXATION L1, 12:00-1:00 PM ZOOM (NOEL)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE) AND FB LIVE
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)	FITBREAK L1, 1:00-1:15 PM ZOOM (IKU)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	
	MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)	FITBREAK L1, 2:05-2:15 PM ZOOM (LIZ)	MAT PILATES M2/3, 6:00-6:40 PM IG LIVE (PAM)	
		DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)		

Important Notes

*To receive Zoom Meeting IDs and Passcodes, you must register for the Virtual Group X Fitness & Yoga Pass 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.

To view program refund policies go to: recreation.ucla.edu/member-services

Legend



Zoom classes



IG/FB classes



Get Started with a Virtual Fitness Pass

All Drop-in GroupX classes require a Fitness Pass. Unlimited use for one quarter.

Cost: \$30/quarter

Get your Fitness Pass at: secure.recreation.ucla.edu

Choose Your Workout

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

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

Instagram Live:
instagram.com/uclarec

Facebook Live:
facebook.com/uclarec

• • VIRTUAL GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS*

ALEXANDER TECHNIQUE

MINDFUL POSTURE & RELAXATION

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 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 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.

YOGA

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