

# VIRTUAL GROUP FITNESS & YOGA PASS

FALL 2022 | SEPTEMBER 26 - DECEMBER 9 | NO CLASSES ON 11/11, AFTER 2PM ON 11/23, AND 11/24 - 11/27

\*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL [FITWELL@RECREATION.UCLA.EDU](mailto:FITWELL@RECREATION.UCLA.EDU)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<del>PHABPHIT M2, 12:10-12:50 PM ZOOM (PAISLEY)</del>	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	INTRO TO ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)
DANCE CARDIO PARTY M2, 6:10-6:50 PM ZOOM (MEGHAN)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)		DANCE CARDIO PARTY M2, 12:10-12:50 PM ZOOM (MEGHAN)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)		YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE) AND FB LIVE
	MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)		MAT PILATES M2/3, 6:00-6:40 PM IG LIVE (PAM)	

## Important Notes

\*To receive Zoom Meeting IDs and Passcodes, you must register for the Group X Fitness & Yoga Pass membership at: [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu) under Memberships & Passes

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

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

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

**Facebook Live:**  
[facebook.com/uclarec](https://facebook.com/uclarec)

## • • VIRTUAL GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS\*

### **ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK**

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).

### **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.

### **INTRO TO ALEXANDER TECHNIQUE DROP-IN**

Release stress tension and pain in the body while learning optimal posture and movement mechanics. Un-learn bad habits you've formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body's optimal alignment and movement patterns.

### **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.

### **PHABPHIT**

Phabphit is a high energy dance cardio fitness class that incorporates core exercises and dance choreography. Embrace your inner fabulousness by stepping beyond your comfort zone and exploring the freedom of expression through movement.

### **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.