

VIRTUAL GROUP FITNESS & YOGA PASS

WINTER 2022 | JANUARY 3 - MARCH 11 | NO CLASSES 1/17 AND 2/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE DE FORCE M2, 12:00-12:45 PM IG LIVE (COURTNEY)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	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)
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.)	RESTORATIVE YOGA L1, 4:30-6:00 PM ZOOM (MONA)	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)
TOTAL BODY CHALLENGE L1/2, 5:15-6:15 PM ZOOM (JACINTA)	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)
MINDBODY MOBILITY L1, 6:00-7:00 PM ZOOM (SHAWN)	DANCE CARDIO PARTY M2, 12:10-12:50 PM ZOOM (MANDY)		YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
ZOOMBA DANCE CARDIO PARTY M2, 7:10-7:50 PM ZOOM (MEGHAN)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)		BOOTY KICKIN BARRE M2, 5:00-5:45 PM ZOOM (PAM)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM (ISABELLE)
	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (Need paper, pen or pencil, crayons or pastels)		FUNCTIONAL YOGA L1/2, 5:00-6:00 PM ZOOM (TIFFANY)	
	MAT PILATES M2, 4:30-5:20 PM FB LIVE (PETER S.)		TOTAL BODY CHALLENGE L1/2, 5:15-6:15 PM ZOOM (JACINTA)	
	FUNCTIONAL YOGA L1/2, 5:00-6:00 PM ZOOM (TIFFANY)		MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	
	KICKBOX FITNESS M2/3, 5:30-6:20 PM FB LIVE (PETER S.)			

Get Started with a Virtual Fitness Pass

Unlimited use for one quarter.

Cost: \$45/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 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.

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.

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.

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.

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).

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.

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.

KICKBOX FITNESS

Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

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.

MINDBODY MOBILITY

Mindbody Mobility is designed to help you increase range of motion and become pain free by a series of movements, breathing techniques, and vision exercises to help stimulate and activate different parts of the brain. You will become more aware of your body and notice a more calming presence through this mindful practice.

PIYO

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

RESTORATIVE YOGA & MEDITATION

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being and resilience. It rebalances our energy and helps to release tension on a physical, mental, and emotional level.

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

ZOOMBA DANCE CARDIO PARTY

A fun dance cardio workout on Zoom incorporating a variety of dance styles, movements and music from around the world. Enjoy getting a cardiovascular endurance workout while having fun just dancing it out!