### WINTER 2024 | JANUARY 8 - MARCH 17 | NO CLASSES ON 1/13 – 1/15 AND 2/17 – 2/19

**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](http://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.**

**IMPORTANT NOTES:**
- Go to recreation.ucla.edu/groupx for more detailed information regarding the GroupX 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: $45/quarter Purchase required for participation.

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<td>STUDIO 2314, JWC (JOSH)</td>
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<td>TOTAL BODY CHALLENGE M2/3, 6:25-7:25 PM</td>
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**Workout Intensity Levels**

- **L** Low
- **M** Medium
- **H** High

**Exercise Intensity**

- **1** Low
- **2** Medium
- **3** High
VIRTUAL GROUPX YOGA & FITNESS PASS
WINTER 2024 | JANUARY 8 - MARCH 16 | NO CLASSES ON 1/13 – 1/15 AND 2/17 – 2/19
*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL FITWELL@RECREATION.UCLA.EDU
PLEASE READ IMPORTANT NOTES SECTION BELOW

**MONDAY**
- FITBREAK MOVEMAIL LIVE
  9:45-10:00 AM
  ZOOM (BC)

- YOGA
  L1/2, 5:00-6:00 PM
  ZOOM (STEPHANIE)

- DANCE CARDIO PARTY
  M2, 6:10-6:50 PM
  ZOOM (MEGHAN)

**TUESDAY**
- GENTLE YOGA & MOVING MEDITATIONS
  L1/2, 7:00-8:00 AM
  ZOOM (KATHY)

- TAI CHI & QI GONG
  L1, 11:30 AM-12:30 PM
  ZOOM (STEPHANIE)

- CHAIR FOR THE OFFICE
  L1, 12:00-1:00 PM
  ZOOM (MEGHAN)

- GENTLE YOGA & CREATIVE EXPRESSION
  L1, 4:00-5:30 PM
  ZOOM (MONA)
  (BRING PAPER, PEN AND SOMETHING TO COLOR WITH)

- MAT PILATES
  M2/3, 5:10-5:50 PM
  ZOOM (PETER S.)

**WEDNESDAY**
- YOGA
  L1/2, 12:00-1:00 PM
  ZOOM (KATHY)

- DANCE CARDIO & CONDITIONING
  M2, 12:10-12:50 PM
  ZOOM (IKU)

- CHAIR YOGA
  L1/2, 1:00-2:00 PM
  ZOOM (MEGHAN)

- YOGA
  L1/2, 12:00-1:00 PM
  ZOOM (STEPHANIE)

**THURSDAY**
- GENTLE YOGA & MOVING MEDITATIONS
  L1/2, 8:00-9:00 AM
  ZOOM (KATHY)

- DANCE CARDIO & CONDITIONING
  M2, 12:10-12:50 PM
  ZOOM (IKU)

- CHAIR YOGA
  L1/2, 1:00-2:00 PM
  ZOOM (MEGHAN)

**FRIDAY**
- DANCE CARDIO & CONDITIONING
  M2, 12:10-12:50 PM
  ZOOM (IKU)

- FITBREAK
  1:00-1:15 PM
  ZOOM (IKU)

**SATURDAY**
- DEEP STRETCHING & RELAXATION
  L1, 4:00-5:00 PM
  ZOOM AND FACEBOOK LIVE (ISABELLE)

- FUNCTIONAL YOGA
  L2, 9:30-10:30 AM
  ZOOM (TIFFANY)

**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 Purchase Memberships 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.

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

**Workout Intensity Levels**

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<th>Complexity of Choreography</th>
<th>L Low</th>
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<tr>
<td>Exercise Intensity</td>
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<td>M Medium</td>
<td>H High</td>
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**Instagram Live:**
instagram.com/uclarec

**Facebook Live:**
facebook.com/uclarec

**UCLArec**
fitwell.recreation.ucla.edu/programs/fitzones

REV: 12/23
**BOOY 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.

**CORE YOGA FLOW (1/2)**
A dynamic Vinyasa Flow class that includes rhythmic vinyasa salutations, a variety of poses and a segment of core. You will build balance, strength and flexibility. You will enhance your focus and your breath capacity. Immerse yourself in a deeper experience of Yoga that will ignite your spark and soothe your soul.

**CORE YOGA FLOW (2/3)**
Core Yoga Flow 2/3 is for participants who want to take their practice to the next level. This is a hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

**DANCEBODY**
DanceBody workout fuses together dance cardio and sculpt for functional, full-body conditioning that’s both fun and effective. Our dancers-turned-instructors move you in new ways to strengthen your body, mind, and spirit through dance fitness.

**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!

**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!

**DESTRESS YOGA FLOW**
A Yoga vinyasa class focused on breath, fluid movement and meditation. You will release stress & anxieties, calm your mind and rejuvenate your body. You will also learn secrets and techniques for everyday stress reduction.

**GUTS, BUTTS & THIGHS**
This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weight.

**HATHA VINYASA 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. Pairing poses “asanas” with breathing techniques “pranayama,” this class is slightly slower paced and focused on proper alignment.

**HIP HOP GROOVES**
A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

**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.

**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.

**RESTORATIVE YOGA & SOUND BATH**
Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being, and resilience. At the end of the class there will also be a sound bath using crystal singing bowls designed to immerse you in soothing sound waves to assist you in fully letting go of any stress and bringing you into a state of deep peace. Overall, this class will reBalance your energy and help to restore physically, mentally and emotionally.

**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!

**TOTAL BODY YOGA FLOW**
A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation.

**VXN**
VXN is a performance-inspired dance fitness workout designed to empower all. We use trending choreography and bold remixes to burn calories while channeling your inner diva. Get ready to dance to hip-hop, pop, and reggaeton. No previous dance experience required.

**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.

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*REV: 12/23  Schedule subject to change.*
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 & MINDFUL ART
Gentle Yoga and Mindful Art is an exploration of creative expression through movement and visual arts. Rooted in yogic philosophy, we will deepen our yoga practice and drop into the present moment through mindful art. This is an opportunity to slow down, tap into your senses, and allow your true self-expression to surface. Along with your lovely self, please bring a yoga mat, yoga props, blank paper, and simple drawing and coloring tools.

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.