

IN-PERSON GROUPX YOGA & FITNESS PASS

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](https://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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DESTRESS YOGA FLOW L1/2, 11:00-11:55 AM DYNASTY ROOM, JWC (ISABELLE)	TOTAL BODY YOGA FLOW L2, 9:30-10:30 AM DYNASTY ROOM, JWC (MARQUITA)	HATHA VINYASA FLOW L2/3, 9:30-10:30 AM DYNASTY ROOM, JWC (ASHLEY)	TOTAL BODY YOGA FLOW L2, 9:30-10:30 AM DYNASTY ROOM, JWC (MARQUITA)	TOTAL BODY CHALLENGE M2/3, 11:00-11:55 AM PYRAMID ROOM, JWC (JESSICA K.)
YOGA SCULPT L2/3, 12:05-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	RESTORATIVE YOGA & SOUND BATH L1, 10:45-11:45 AM DYNASTY ROOM, JWC (MARQUITA)	DESTRESS YOGA FLOW L1/2, 11:00-11:55 AM DYNASTY ROOM, JWC (ISABELLE)	RESTORATIVE YOGA & SOUND BATH L1, 10:45-11:45 AM DYNASTY ROOM, JWC (MARQUITA)	POWER YOGA FLOW M2/3, 12:00-1:00 PM DYNASTY ROOM, JWC (ASHLEY)
DANCE CARDIO & CONDITIONING M2, 12:00-1:00 PM PYRAMID ROOM, JWC (SAMANTHA)	DANCE CARDIO & CONDITIONING H3, 12:05-12:55 PM DYNASTY ROOM, JWC (IKU)	YOGA SCULPT L2/3, 12:05-1:00 PM DYNASTY ROOM, JWC (ISABELLE)	SPIN L2/3, 11:00-11:45 AM STUDIO 2314, JWC (DAHLIA)	SPIN L2/3, 12:10-12:55 PM STUDIO 2314, JWC (JESSICA K.)
POWER YOGA FLOW M2/3, 3:45-4:45 PM PYRAMID ROOM, JWC (GRACE)	MAT PILATES M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	TOTAL BODY CHALLENGE L2/3, 12:05-12:55 PM PYRAMID ROOM, JWC (CLARA)	GUTS, BUTTS & THIGHS M2, 12:00-1:00 PM DYNASTY ROOM, JWC (KATIE C.)	HIP HOP GROOVES M3, 4:10-4:50 PM PYRAMID ROOM, JWC (BRYAN)
CORE YOGA FLOW L1/2, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	SPIN L2/3, 12:10-12:55 PM STUDIO 2314, JWC (JESSICA L.)	CORE YOGA FLOW M2/3, 5:00-6:15 PM PYRAMID ROOM, JWC (ISABELLE)	MAT PILATES M2, 12:05-12:55 PM PYRAMID ROOM, JWC (PETER S.)	YOGA FLOW & RELAXATION M2, 4:00-5:15 PM DYNASTY ROOM, JWC (ANNABEL)
WORLDANZ M2/3, 5:05-6:05 PM DYNASTY ROOM, JWC (ALIYA)	TOTAL BODY CHALLENGE M2/3, 4:00-5:00 PM PYRAMID ROOM, JWC (KATIE C.)	DANCE CARDIO PARTY M3, 5:15-6:15 PM GOLD ROOM, JWC (LAURA)	XTREME HIP HOP STEP H3, 5:00-6:00 PM PYRAMID ROOM, JWC (ALI)	SATURDAY ZUMBA M2/3, 12:00-1:00 PM PYRAMID ROOM, JWC (KEIKO)
SPIN L2/3, 5:30-6:15 PM STUDIO 2314, JWC (DAHLIA)	BOOTY KICKIN BARRE M2, 5:05-5:55 PM GOLD ROOM, JWC (PAM)	SPIN L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)	YOGA SCULPT M2/3, 5:00-6:00 PM DYNASTY ROOM, JWC (ANNABEL)	
TOTAL BODY CHALLENGE M2/3, 6:30-7:20 PM PYRAMID ROOM, JWC (EMMY)	ZUMBA M2, 5:00-5:55 PM DYNASTY ROOM, JWC (KEIKO)	GUTS, BUTTS & THIGHS L1, 5:10-5:50 PM DYNASTY ROOM, JWC (BRENDA)	SPIN L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)	
SPIN L2/3, 6:35-7:20 PM STUDIO 2314, JWC (JESSICA K.)	MAT PILATES M2/3, 5:10-6:10 PM PYRAMID ROOM, JWC (EMMY)	VXN (DANCE CARDIO) H3, 6:00-7:00 PM DYNASTY ROOM, JWC (LIZ)	DANCE CARDIO PARTY M2, 5:20-6:20 PM GOLD ROOM, JWC (CAMMY)	SUNDAY YOGA FLOW & RELAXATION L2, 5:30-6:45 PM PYRAMID ROOM, JWC (ANNABEL)
SPIN L2/3, 7:35-8:20 PM STUDIO 2314, JWC (EMMY)	SPIN L2/3, 5:30-6:15 PM STUDIO 2314, JWC (JOSH)	TOTAL BODY CHALLENGE M2/3, 6:25-7:25 PM PYRAMID ROOM, JWC (JESSICA L.)	PIYO M2, 6:10-6:55 PM DYNASTY ROOM, JWC (COURTNEY)	
	DANCEBODY (DANCE CARDIO) H3, 6:00-6:55 PM DYNASTY ROOM, JWC (BROOKE)	SPIN L2/3, 6:45-7:30 PM STUDIO 2314, JWC (DAHLIA)	TOTAL BODY CHALLENGE M2/3, 6:10-7:10 PM PYRAMID ROOM, JWC (EMMY)	
	HATHA VINYASA FLOW L2, 6:25-7:25 PM PYRAMID ROOM, JWC (SOPHIE)		RESTORATIVE YOGA & SOUND BATH L1/2, 7:00-8:15 PM DYNASTY ROOM, JWC (ASHLEY)	HIP HOP BURLESQUE DANCE CARDIO M2, 7:00-8:00 PM PYRAMID ROOM, JWC (ALEXIS)
	SPIN L2/3, 6:35-7:20 PM STUDIO 2314, JWC (EMMY)			
	WORLDANZ M2/3, 7:05-7:55 PM DYNASTY ROOM, JWC (KARRI)			

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.



Workout Intensity Levels

Complexity of Choreography
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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (KC)	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)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
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.)	FITBREAK 1:00-1:15 PM ZOOM (IKU)
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.)	CHAIR YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM AND FACEBOOK LIVE (ISABELLE)
	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (BRING PAPER, PEN AND SOMETHING TO COLOR WITH)	FITBREAK 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 MOVEMAIL LIVE 2:05-2:15 PM ZOOM (LIZ)	GENTLE YOGA & MINDFUL ART L1, 4:00-5:30 PM ZOOM (ADINA) (BRING PAPER, PEN AND SOMETHING TO COLOR WITH)	
		DANCE CARDIO & CONDITIONING M2, 4:30-5:25 PM ZOOM (CATHY)	MAT PILATES M2/3, 6:10-6:50 PM INSTAGRAM LIVE @UCLAREC (PAM)	
				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

REV: 12/23



Workout Intensity Levels

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

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

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

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

• • IN-PERSON GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS*

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.

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

Have fun and get a good workout with this follow-along cardio dance class! Worldanz offers a compelling range of dance forms and musical styles from around the world. Everyone is welcome; no previous dance experience required.

XTREME HIP HOP STEP

This Xtremely fun, high-energy cardio workout combines Hip Hop choreography with traditional step aerobics. Have a blast dancing on the step to old and new school hip hop music. Get ready to sweat, step and groove! Taught by Master Trainer Ali Hassan.

YOGA FLOW & RELAXATION

Similar to Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

YOGA SCULPT

Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let's sweat!

ZUMBA

A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.

• • VIRTUAL GROUP FITNESS & YOGA PASS WORKOUT DESCRIPTIONS*

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.

