## IN-PERSON & VIRTUAL GROUP FITNESS & YOGA PASS
### SUMMER 2022 | SESSION C | AUGUST 1 - SEPTEMBER 9 | NO CLASSES ON 9/5

*Each week, please save your spot and receive notices for classes you plan to attend. Go to “Group X Pass (Reservations)” at [secure.recreation.ucla.edu](http://secure.recreation.ucla.edu)*

**Monday**
- **Yoga Sculpt**
  - L1/2, 12:00-1:00 PM
  - Pyramid Room, JWC (Isabelle)

**Tuesday**
- **Core De Force**
  - M2, 12:10-12:50 PM
  - Zoom (Courtney)

**Wednesday**
- **Yoga Flow**
  - L1/2, 12:00-1:00 PM
  - Zoom (Stephanie)

**Thursday**
- **Tai Chi & Qi Gong**
  - L1, 11:30 AM-12:30 PM
  - Zoom (Peter A.)

**Friday**
- **Alexander Technique Stress & Tension Release Break**
  - L1, 11:30-11:45 AM
  - FB Live (Kosta)

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### Important Notes

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

*Please also cancel your reservations if you are no longer planning to attend a class. This is especially important for Spin classes.*

*Yoga Mats not provided, please bring your own yoga mat for all yoga and pilates classes.*

### Get Started with a Virtual/In-Person Fitness Pass

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

Cost: $45/quarter

Get your Fitness Pass at: [secure.recreation.ucla.edu](http://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](http://instagram.com/uclarec)

**Facebook Live:**

- [facebook.com/uclarec](http://facebook.com/uclarec)
**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.

**BOLLYPOP**
BollyPop is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one’s dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

**CARDIO 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!

**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.

**CORE 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. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

**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.

**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.

**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**
A dance workout of Latin and World rhythms designed to energize you for the day.

**KICKBOX FOCUS**
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.

**MINDFUL MOVEMENT FOR STRESS RELIEF**
Release tension, move stagnant energy, and foster better alignment by strengthening your mind-body connection. This class incorporates a fusion of Tai Chi & Qi Gong, Alexander Technique, and Dance Movement and will serve as both gentle and energizing for the perfect midday reset. Taught by Posture Specialist and Movement Artist & Coach, Deena Odelle Hyatt, certified Alexander Technique Teacher.

**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.

**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.

**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!

**TURN UP HIP HOP**
TURN UP HIP HOP is more than just a dance fitness format; it’s a movement. A movement to evolve unapologetically, live loudly, dance ruthlessly and OWN our greatness together, while we take our fitness to the next level as we turn all the way up!

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

**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.