## IN-PERSON GROUPX YOGA & FITNESS PASS

**SPRING 2024 | APRIL 1 - JUNE 9 | NO CLASSES ON 5/25 – 5/27**

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.
- *View refund policies at: recreation.ucla.edu/member-services.
- *Schedule subject to change. Email notifications sent out for class cancellations and updates.
- *Yoga mats not provided.
- *Exercise Intensity:
  - **L** Low
  - **M** Medium
  - **H** High
  - *Exercise Intensity:
  - **L** Low
  - **M** Medium
  - **H** High

### Workout Intensity Levels

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

### Class Descriptions

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>9:00-10:00 AM</td>
<td>M2, 9:00-10:00 AM</td>
<td>MAT PILATES (MARY)</td>
</tr>
<tr>
<td></td>
<td>12:00-1:00 PM</td>
<td>L2, 12:00-1:00 PM</td>
<td>SPIN (JESSICA K.)</td>
</tr>
<tr>
<td></td>
<td>1:00-2:00 PM</td>
<td>L2, 1:00-2:00 PM</td>
<td>MAT PILATES (SAM)</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>9:30-10:30 AM</td>
<td>L2, 9:30-10:30 AM</td>
<td>HATHA VINYASA FLOW (ASHLEY)</td>
</tr>
<tr>
<td></td>
<td>12:00-1:00 PM</td>
<td>M2, 12:00-1:00 PM</td>
<td>YOGA SCULPT (PETER S.)</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>9:30-10:30 AM</td>
<td>L2, 9:30-10:30 AM</td>
<td>HATHA VINYASA FLOW (ASHLEY)</td>
</tr>
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<td></td>
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<td>M2, 12:00-1:00 PM</td>
<td>YOGA SCULPT (PETER S.)</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td>9:30-10:30 AM</td>
<td>L2, 9:30-10:30 AM</td>
<td>HATHA VINYASA FLOW (ASHLEY)</td>
</tr>
<tr>
<td></td>
<td>12:00-1:00 PM</td>
<td>M2, 12:00-1:00 PM</td>
<td>YOGA SCULPT (PETER S.)</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>9:00-9:55 AM</td>
<td>M2, 9:00-9:55 AM</td>
<td>MAT PILATES (MARY)</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 AM</td>
<td>M2, 10:00-11:00 AM</td>
<td>SPIN (JESSICA K.)</td>
</tr>
</tbody>
</table>

**Notes:**

- Yoga mats not provided.
- View refund policies at: recreation.ucla.edu/member-services.
- Schedule subject to change. Email notifications sent out for class cancellations and updates.
- Yoga mats not provided.
**VIRTUAL GROUPX YOGA & FITNESS PASS**

**SPRING 2024 | APRIL 1 - JUNE 9 | NO CLASSES ON 5/25 – 5/27**

*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL FITWELL@RECREATION.UCLA.EDU*

**PLEASE READ IMPORTANT NOTES SECTION BELOW**

### Monday
- **Fitbreak Movemail Live**
  - 9:45-9:55 AM
  - ZOOM (KC)

### Tuesday
- **Gentle Yoga & Moving Meditations**
  - L1/2, 7:00-8:00 AM
  - ZOOM (KATHY)

### Wednesday
- **Yoga**
  - L1/2, 12:00-1:00 PM
  - ZOOM (STEPHANIE)

### Thursday
- **Dance Cardio & Conditioning**
  - M2, 12:10-12:50 PM
  - ZOOM (IKU)

### Friday
- **Dance Cardio & Conditioning**
  - M2, 12:10-12:50 PM
  - ZOOM (IC)

### Saturday
- **Yoga**
  - L2, 9:30-10:30 AM
  - ZOOM (TIFFANY)

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**Important Notes**

*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: secure.recreation.ucla.edu under Memberships & Passes.*

*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.*

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

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

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**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

**Facebook Live:**

facebook.com/uclarec

fitwell.recreation.ucla.edu/programs/fitzones

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**REV: 5/24**
GENTLE YOGA FLOW
Gentle Yoga Flow seamlessly blends simple fluid sequences to warm up the body with slower-paced movements focusing on alignment, strength, balance, and flexibility. With a lighter-paced flow synchronized with the breath, you’ll move effortlessly from one posture to another, fostering a deeper exploration of your practice.

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 BURLESQUE
Hip Hop Burlesque is a dance cardio format that fuses hip hop and burlesque choreography to get a great workout while having fun and increase your overall confidence and movement vocabulary.

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.

POWER YOGA & SCULPT
Power yoga flow, plus moderate, optional weight lifting with dumbbells, and cardio conditioning. Great for improving cardiovascular health and muscular endurance. Let’s sweat! 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!
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 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).

DESTRESS DANCE BREAK
Take a 10-minute break from work, release stress, and have fun dancing! Easy-to-follow moves combined with segments of free-form flow to inspiring music. Uplift your spirits, get your blood flowing, and heart pumping while you work out all the little kinks in your joints and muscles so you can return to work feeling refreshed and motivated.

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 camaraderie while helping everyone stay healthy and active during the work week.

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.

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!

TRANSCENDANCE™
Dance away tense, stagnant blocked energy through intuitive free-form movement to uplifting, soulful music. Great way to release stress and reconnect with your inner joy and peace. Learn how to listen to your own body’s wisdom and unlock your creative flow.

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