## IN-PERSON GROUP FITNESS & YOGA PASS

**FALL 2023 | SEPTEMBER 27 – DECEMBER 10 | NO CLASSES ON 11/10 – 11/12, 11/22 AFTER 2 PM, AND 11/23 – 11/26**

*Each week, please save your spot and receive notices for classes you plan to attend. Go to “Group X Pass (Reservations)” at recreation.ucla.edu/member-services to view program refund policies.

**RESERVATIONS FOR EACH GROUPX CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE EACH CLASS OCCURRENCE.**

### Important Notes
- 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.
- To view program refund policies go to: recreation.ucla.edu/member-services

### Get Started with a 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: recreation.ucla.edu/register

### Choose Your Workout

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<thead>
<tr>
<th>Exercise Intensity</th>
<th>Complexity of Choreography</th>
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### MONDAY
- **DESSERT YOGA FLOW**
  L2/3, 11:00-11:55 AM
  DYNASTY ROOM, JWC (ISABELLE)

### TUESDAY
- **HATHA VINYASA YOGA FLOW**
  L2, 9:30-10:30 AM
  DYNASTY ROOM, JWC (MARQUITA)

### WEDNESDAY
- **DESSERT YOGA FLOW**
  L2/3, 11:00-11:55 AM
  DYNASTY ROOM, JWC (ISABELLE)

### THURSDAY
- **HATHA VINYASA YOGA FLOW**
  L2, 9:30-10:30 AM
  DYNASTY ROOM, JWC (MARQUITA)

### FRIDAY
- **HATHA VINYASA YOGA FLOW**
  L2, 9:30-10:30 AM
  DYNASTY ROOM, JWC (BRENDA)

### YOGA SCULPT
- **L2/3, 12:05-1:00 PM**
  DYNASTY ROOM, JWC (ISABELLE)

### TOTAL BODY CHALLENGE
- **L2/3, 12:05-1:00 PM**
  DYNASTY ROOM, JWC (ISABELLE)

### Core Yoga Flow
- **L2/3, 12:05:12:55 PM**
  DYNASTY ROOM, JWC (MAT PILATES)

### Dance Cardio & Conditioning
- **M2, 12:30-1:25 PM**
  PYRAMID ROOM, JWC (SAMANTHA)

### Dancebody
- **L2, 10:45 AM-11:45 AM**
  PYRAMID ROOM, JWC (JESSICA L.)

### Dance Cardio Party
- **L2/3, 12:00-1:00 PM**
  DYNASTY ROOM, JWC (BRENDA)

### Destress Yoga Flow
- **L2, 7:05-7:55 AM**
  DYNASTY ROOM, JWC (LIZ)

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

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

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- Cost: $45/quarter
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### Virtual Group Fitness & Yoga Pass

**FALL 2023 | OCTOBER 2 – DECEMBER 10 | NO CLASSES ON 11/10, 11/22 AFTER 2 PM, AND 11/23 – 11/26**

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

**PLEASE READ IMPORTANT NOTES SECTION BELOW**

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<tr>
<th>MONDAY</th>
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<tr>
<td>FITBREAK MOVEMAIL LIVE 9:45-10:00 AM ZOOM (BC)</td>
<td>GENTLE YOGA &amp; MOVING MEDITATIONS L1/2, 7:00-8:00 AM ZOOM (KATHY)</td>
<td>YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)</td>
<td>GENTLE YOGA &amp; MOVING MEDITATIONS L1/2, 8:00-9:00 AM ZOOM (KATHY)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)</td>
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<tr>
<td>YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)</td>
<td>TAI CHI &amp; QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)</td>
<td>TAI CHI &amp; QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)</td>
<td>FITBREAK 1:00-1:15 PM ZOOM (IKU)</td>
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<tr>
<td>DANCE CARDIO PARTY <em>ONLY AUGUST 7-SEPTEMBER 11</em> M2, 6:10-6:50 PM ZOOM (MEGHAN)</td>
<td>CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (KATHY M.)</td>
<td>CHAIR YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)</td>
<td>CHAIR YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)</td>
<td>DEEP STRETCHING &amp; RELAXATION L1, 4:00-5:00 PM ZOOM AND FACEBOOK LIVE (ISABELLE)</td>
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<tr>
<td>GENTLE YOGA &amp; CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)</td>
<td>MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)</td>
<td>FITBREAK 1:00-1:15 PM ZOOM (IKU)</td>
<td>YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)</td>
<td>FUNCTIONAL YOGA L2, 9:30-10:30 AM ZOOM (Tiffany)</td>
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**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 Memberships & Passes 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.*

*Schedules subject to change. Email notices sent to announce changes.*

To view program refund policies go to: recreation.ucla.edu/member-services

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**UCLA Recreation**

fitwell.recreation.ucla.edu/programs/fitzones

**Choose Your Workout**

Complexity of Choreography

L Low  M Medium  H High

Exercise Intensity

L Low  M Medium  H High

**Instagram Live:**

[instagram.com/uclarec](https://instagram.com/uclarec)

**Facebook Live:**

[facebook.com/uclarec](https://facebook.com/uclarec)

REV: 9/23
ADVANCED YOGA PLAY
For participants with previous yoga experience who want to learn new, creative and challenging poses and postures. This class will begin with Vinyasa Yoga Flow and then progress into play with various arm balances and inversions.

BOLLYPOP
BollyPop is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extend 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, swwerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

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 (L1/2)
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 (M2/3)
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.

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

HATHA VINYASA YOGA 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.

SPIN
Spin is a cycling class on a stationary bike designed to boost your energy, bring people together and have fun while getting fit.

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™ (YOGA + DANCE)
A blend of yoga and dance designed to release stress and tension and create fun, freedom and play. Learn to use your own body’s wisdom to stretch and dance however feels good to you! This class incorporates breath, meditation, sound, deep stretching and yoga, somatic movement, tension release, emotional expression, and free-form dance all into one hour of embodied bliss. Let the movement set you free!

VXN DANCE CARDIO
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.

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.
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 & 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.