

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 [SECURE.RECREATION.UCLA.EDU](https://secure.recreation.ucla.edu)
RESERVATIONS FOR EACH GROUPX CLASS ARE MADE AVAILABLE ONLINE STARTING 72 HOURS BEFORE EACH CLASS OCCURRENCE

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

SATURDAY

ZUMBA
M2, 12:00-1:00 PM
PYRAMID ROOM, JWC (KEIKO)

SUNDAY

YOGA FLOW & RELAXATION
L2, 5:30-6:45 PM
PYRAMID ROOM, JWC (GRACE)

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

Complexity of Choreography
L Low M Medium H High
Exercise Intensity
1 Low 2 Medium 3 High

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

ADVANCED YOGA PLAY

For participants with previous yoga experience who want to learn new, creative and challenging poses and postures. The class will begin with Vinyasa Yoga Flow and then progress into play with various arm balances and inversions.

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.

GUTS, 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 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!

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.

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.