

VIRTUAL (LIVE) DROP-IN FITNESS & YOGA

SPRING 2021 | MARCH 29 - JUNE 6 | NO CLASSES ON MAY 29 - 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE YOGA FLOW L2, 8:00-8:55 AM ZOOM (TAYLOR)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-7:55 AM ZOOM (KATHY)	CORE YOGA FLOW L2, 7:00-7:55 AM IG LIVE (CANCELLED)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-7:55 AM ZOOM (KATHY)	CORE YOGA FLOW L1/2, 9:00-10:00 AM ZOOM (JAMIE)
MAT PILATES L2, 10:10-10:50 AM ZOOM (ELISABETH)	MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)	CORE YOGA FLOW L2, 8:00-8:55 AM ZOOM (TAYLOR)	MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)	CHAKRA YOGA FLOW & MEDITATION M2, 10:00-11:00 AM ZOOM (MONA)
DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)	MEDITATION & BREATHWORK L1, 9:30-10:00 AM ZOOM (JANELLE)	DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)	TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS) L2/3, 8:00-9:00 AM IG LIVE (RAY)	DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)
GYROKINESIS L1, 11:30-12:00 PM ZOOM (AMBER)	DANCE CARDIO M2, 10:10-10:50 AM ZOOM (CANCELLED)	GYROKINESIS L1, 11:30-12:00 PM ZOOM (AMBER)	MEDITATION & BREATHWORK L1, 9:30-10:00 AM ZOOM (JANELLE)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
CORE YOGA FLOW L1/2, 12:00-12:55 PM ZOOM (ISABELLE)	TAI CHI & QI GONG L1, 11:30-12:30 PM ZOOM (PETER A.)	CORE YOGA FLOW L2/3, 12:00-12:55 PM ZOOM (ISABELLE)	TAI CHI & QI GONG L1, 11:30-12:30 PM ZOOM (PETER A.)	INTRO TO ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)
HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)	FUNCTIONAL YOGA L1/2, 12:30-1:30 PM ZOOM (TIFFANY)	BOOTY KICKIN BARRE M2, 12:05-12:45 PM ZOOM (AMBER)	FUNCTIONAL YOGA L1/2, 12:30-1:30 PM ZOOM (TIFFANY)	HIIT M2/3, 12:10-12:50 PM FB LIVE (KC)
BOOTY KICKIN BARRE M2, 12:05-12:45 PM ZOOM (AMBER)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)	DANCE CARDIO & CONDITIONING M2, 12:15-12:55 PM ZOOM (MANDY)	PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
ALL CORE M2/3, 12:45-1:00 PM IG LIVE (DANNY)	DANCE CARDIO M2, 12:10-12:50 PM ZOOM (MEGHAN)	LOW IMPACT CARDIO L1, 1:00-1:30 PM IG LIVE (CINDY)	YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)	LAUGHTER YOGA L1, 1:00-1:30 PM ZOOM (COURTNEY)
DANCE CARDIO & CONDITIONING M2, 12:15-12:55 PM FB LIVE (MANDY)	YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)	MIDDAY MOBILITY (TENNIS OR LACROSSE BALL) L1, 3:00-3:20 PM FB LIVE (DANNY)	MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (CINDY)	MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (ROB)
MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (PETER S.)	MIDDAY MOVEMENT ENERGIZER L1, 3:00-3:20 PM FB LIVE (MANDY)	BOOTYCAMP (BANDS, DUMBBELLS) M2/3, 4:00-4:40 PM FB LIVE (SUZANNE)	AGILITY & CONDITIONING @ HOME H2/3, 3:00-3:40 PM IG LIVE (ELIZABETH)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)
CHAIR YOGA L1, 3:10-3:50 PM ZOOM (MARCO)	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:15 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)	CARDIO YOGA SCULPT L2, 5:00-5:55 PM ZOOM (ISABELLE)	BOXING FOR FITNESS M2/3, 4:00-4:40 PM FB LIVE (ROB)	SLOW MO ECLECTIC YOGA & MEDITATION L2, 5:00-6:00 PM ZOOM (MONA)
BOOTCAMP WORKOUT (BODYWEIGHT) M2/3, 4:00-4:45 PM IG LIVE (SUZANNE)	BOOTY KICKIN BARRE M2, 5:00-5:40 PM ZOOM (PAM)	ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)	BOOTY KICKIN BARRE M2, 5:00-5:40 PM ZOOM (PAM)	
CARDIO YOGA SCULPT M2, 5:00-5:55 PM ZOOM (ISABELLE)	KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)	YOGA L1/2, 5:00-5:55 PM IG LIVE (MARCO)	GUTS, BUTTS & THIGHS W/HIIT M3, 5:10-6:10 PM ZOOM (LAURA S.)	TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS) L2/3, 11:00 AM-12:00 PM IG LIVE (RAY) (SAT.)
ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)	TOTAL BODY CARDIO & CONDITIONING (W/DUMBBELLS OR HOUSEHOLD OBJECTS) L2/3, 5:15-6:15 PM ZOOM (LAURA S.)	TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 5:15-6:15 PM FB LIVE (BRITTNEY)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	CORE YOGA FLOW L1/2, 11:00-11:55 AM ZOOM (JAMIE) (SAT.)
ULTIMATE UPPER BODY (W/DUMBBELLS) & CARDIO L1/2, 5:10-5:50 PM IG LIVE (CINDY)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	CARDIOSPORT M2/3, 5:25-6:20 PM ZOOM (RACHEL & LAURA S.)	AFROBEAT YOGA L1/2, 6:00-7:00 PM ZOOM (CHIOMA)	CORE YOGA FLOW L1/2, 10:00-11:15 AM ZOOM (MAYA) (SUN.)
MIXTAPE YOGA & CHILL M2/3, 5:45-6:45 PM ZOOM (MARCO)	CORE DE FORCE M2, 7:00-7:45 PM IG LIVE (COURTNEY)	RESTORATIVE YOGA & MEDITATION L1, 6:00-7:00 PM ZOOM (MONA)	DANCE CARDIO M2, 7:10-7:50 PM ZOOM (MEGHAN)	JUMP ROPE FITNESS M2/3, 2:00-2:40 PM IG LIVE (CAMERON) (SUN.)
CARDIOSPORT M2/3, 5:25-6:20 PM ZOOM (DARIELA & LAURA S.)		TAE BO H2/3, 6:30-7:30 PM ZOOM (BILLY BLANKS)		CORE YOGA FLOW L1/2, 4:00-5:00 PM ZOOM (AALIYAH) (SUN.)
BBC - BOOTY, BACK, & CORE (BANDS, DUMBBELLS) L2/3, 6:40-7:40 PM FB LIVE (ELISA)		U-JAM M2, 7:00-7:40 PM ZOOM (BRYAN)		TOTAL BODY CHALLENGE L2/3, 5:15-6:15 PM ZOOM (RACHEL) (SUN.)
DANCE CARDIO M2, 7:10-7:50 PM ZOOM (MEGHAN)		BOLLYPOP M2, 8:00-8:40 PM ZOOM (MADHAVI)		
CORE YOGA FLOW L1/2, 7:00-7:55 PM ZOOM (REBECCA)				
BOLLYPOP M2, 8:00-8:40 PM ZOOM (MADHAVI)				



• • VIRTUAL (LIVE) FITNESS & YOGA WORKOUT DESCRIPTIONS*

AFROBEAT YOGA

AfroBeat Yoga focuses sacral chakra movement set to AfroBeat music to help nurture a sense of groundedness and play. During each yoga class students arrive to a state of comfort and ease with a combination of yummy long-held stretches & a strong Vinyasa practice focused on alignment and generating heat from the core. Ends with sivasana and a facilitated embodiment meditation for stress management.

AGILITY & CONDITIONING @ HOME

It can be done! All it takes is 8'x8' clear area and some masking tape. Move, change directions, master challenging footwork patterns. Get your heart, brain, and athleticism pumping!

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.

INTRO TO ALEXANDER TECHNIQUE

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.

ALL CORE

A quick but challenging workout entirely for the core (midline/torso/abs).

BBC - BOOTY, BACK, & CORE

This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight, bands and optional dumbbells.

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!

BOOTCAMP WORKOUT (BODYWEIGHT)

This class uses your bodyweight and optional weights or common household objects to achieve a challenging full body workout. With long intervals and short breaks, this class will truly test your muscular endurance and cardiovascular stamina.

BOOTYCAMP

Bootcamp for the core, hips, and legs!

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.

BOXING FOR FITNESS

Segments of boxing mixed in with segments of conditioning for a fun, effective and challenging total body workout.

CARDIOSPORT

This class is the most fun you'll ever have doing cardio! Utilizing athletic based bodyweight movements, running in place, and agility in a 8' x 8' clear area in a continuous, non-stop format, cardio sport is intense but FUN! This unique class provides the feel of a team and simulates an "in the game like" environment where decision based movements are being made constantly. Excellent for cardio and bodyweight conditioning! Optional: Soccer Ball

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!

CHAKRA YOGA FLOW & MEDITATION

Involves Hatha yoga journeying through the seven major energy centers as a map to facilitate balance, groundedness, and inspiration along with a deeper sense of wholeness.

CHAIR YOGA

A gentle yoga flow all done while sitting.

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

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

Alternate between fun dance cardio choreography and total body conditioning with optional weights or common household objects.

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 FLOW & 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.

GUTS, BUTTS & THIGHS W/HIIT

This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weights all taught in a High Intensity Interval Training format.

GYROKINESIS

Gyrokinesis is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath and mental focus. (Chair and mat required).

HIIT

High Intensity Interval Training keeps the intensity up by featuring full body multi joint movements for a total body challenge. Optional weights and/or common household objects will be used.

JUMP ROPE FITNESS

Great cardio, coordination, and fun! Learn new patterns and drills to get the most out of your workout and keep it interesting!

INTRO TO ALEXANDER TECHNIQUE

Learn optimal posture and movement mechanics to help decrease back and neck pain. 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

Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

LAUGHTER YOGA

Laughter Yoga is combination of deep breathing exercises from yoga and laughter exercises, which oxygenates our body and brain, makes us feel more healthy and energetic. No traditional yoga poses, just laughter and breath.

LOW IMPACT CARDIO

Perfect for the beginner exerciser or for those looking for a low impact cardio workout that gets your heart pumping.

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.

MIDDAY MOBILITY

Effective full body stretches and self myofascial release techniques that can be done wherever you are.

MIDDAY MOVEMENT ENERGIZER

An energizing movement break including movement and stretching to uplifting music that will get you over the afternoon slump!



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MIXTAPE YOGA & CHILL

A dynamic flow of mindful movements curated with a soundtrack of today's hip-hop + R&B and throwbacks that will transform, stretch, and restore your body from the inside-out.

MORNING STRETCH & MAT PILATES

Ease into the day with a 15 minute Stretch and then 30 minutes of Pilates - a total body exercise regimen that increases strength and flexibility and helps to improve posture.

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.

SLOW MO ECLECTIC YOGA & MEDITATION

Journey into a Hatha based slow paced moving meditation. It's an invitation to coming home and remembering our true nature.

TAE BO

Tae Bo is a body fitness system that incorporates martial arts techniques of Taekwondo and Kick Boxing. Increase agility, cardiovascular health, muscular endurance and learn from the founder of Tae Bo himself, Billy Blanks.

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 CARDIO & CONDITIONING

Fun full body conditioning and dance cardio to the fun, upbeat rhythms of music. Very similar to dance cardio & conditioning with slightly more emphasis on conditioning.

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!

U-JAM

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.

ULTIMATE UPPER BODY & CARDIO

Meet Guts, Butts & Thighs' sister. We gotta give the upper body some love too! Using weights or common household objects, we will challenge the chest, back, arms, and get in some cardio!

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!

ZOOMBA

A fun dance cardio workout incorporating a variety of dance styles, movements and music from around the world. Enjoy getting a cardiovascular endurance workout while having fun just dancing it out!

Get Started with a Virtual/In-Person Fitness Pass

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

Cost:

Free for enrolled students
\$25/quarter for Faculty & Staff

Get your Fitness Pass at:

secure.recreation.ucla.edu

Choose Your Workout

Complexity of Choreography

L Low **M** Medium **H** High

Exercise Intensity

1 Low **2** Medium **3** High

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