

FITZONES

FALL 2021 | SEPTEMBER 27 – DECEMBER 5 | NO CLASSES 11/11, AFTER 2PM ON 11/24, 11/25 - 11/28

FITZONE CLASSES ARE FREE FOR FACULTY AND STAFF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE DE FORCE M2, 12:00-12:45 PM IG LIVE (COURTNEY)	YOGA M2, 12:30-1:00 PM SWITZER PLAZA (ADINA)	DANCE FITNESS M2, 12:15-12:45 PM SWITZER PLAZA (MANDY)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
	MAT PILATES M2, 4:30-5:20 PM FB LIVE (PETER S.)			PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
	KICKBOX FITNESS M2/3, 5:30-6:20 PM FB LIVE (PETER S.)			DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)

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

Facebook Live:

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

REV: 9/21 *Schedule subject to change.



fitwell.recreation.ucla.edu/programs/fitzones

• • FITZONES WORKOUT DESCRIPTIONS*

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.

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.

DANCE FITNESS

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.

KICKBOX FITNESS

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.

PIYO

The perfect combo of Yoga and Pilates based moves, set to upbeat music.

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!

YOGA

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