# VIRTUAL (LIVE) FITZONES

**SUMMER 2021 | SESSION A | JUNE 21 - JULY 30 | NO CLASSES 6/28, 7/3 - 7/5**

*FITZONE CLASSES ARE FREE FOR STUDENTS, FACULTY & STAFF*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CORE DE FORCE</strong></td>
<td><strong>MORNING STRETCH &amp; MAT PILATES</strong></td>
<td>NO CLASSES</td>
<td><strong>MORNING STRETCH &amp; MAT PILATES</strong></td>
<td><strong>ALEXANDER TECHNIQUE STRESS &amp; TENSION RELEASE BREAK</strong></td>
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<tr>
<td>M2, 12:00-12:45 PM</td>
<td>M2, 7:30-8:20 AM</td>
<td>NO CLASSES</td>
<td>M2, 7:30-8:20 AM</td>
<td>L1, 11:30-11:45 AM</td>
</tr>
<tr>
<td>IG LIVE (COURTNEY)</td>
<td>FB LIVE (PETER S.)</td>
<td></td>
<td>FB LIVE (PETER S.)</td>
<td>FB LIVE (KOSTA)</td>
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</tbody>
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| **ULTIMATE UPPER BODY (W/DUMBBELLS) & CARDIO** | **TOTAL BODY CHALLENGE (W/DUMBBELLS)** | **TOTAL BODY CHALLENGE (W/DUMBBELLS)** | **TOTAL BODY CHALLENGE (W/DUMBBELLS)** | **TOTAL BODY CHALLENGE** |
| IG LIVE (CINDY)         | IG LIVE (ELIZABETH)       | IG LIVE (KOSTA)                          | IG LIVE (KC)                            | FB LIVE (BRITTNEY)       |

| **BOOTCAMP WORKOUT (BODYWEIGHT)** | **KICKBOX FITNESS** | **TOTAL BODY CHALLENGE (W/DUMBBELLS)** | **TOTAL BODY CHALLENGE** | **PIYO** |
| M2/3, 4:00-5:00 PM       | M2/3, 5:10-5:50 PM       | M2/3, 12:10-12:50 PM                     | L2, 5:15-6:15 PM                     | M2, 12:10-12:50 PM       |
| IG LIVE (SUSANNE)        | FB LIVE (SUZANNE)        | IG LIVE (SUZANNE)                        | FB LIVE (BRITTNEY)                   | IG LIVE (COURTNEY)       |

| **MAT PILATES**         | **MAT PILATES**          | **ALLENA TECHNIQUE STRESS & TENSION RELEASE BREAK** | **TOTAL BODY CHALLENGE** | **JUMP ROPE FITNESS** |
| M2, 6:00-6:40 PM        | M2, 6:00-6:40 PM          | L1, 11:30-11:45 AM                       | M2/3, 12:10-12:50 PM              | M2/3, 2:00-2:40 PM       |
| IG LIVE (PAM)           | IG LIVE (PAM)             | FB LIVE (PETER S.)                        | IG LIVE (PAM)                     | IG LIVE (CAMERON) (SUN.) |

## 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
Facebook Live: facebook.com/uclarec

REV: 6/21  *Schedules are subject to change.*

ftwell.recreation.ucla.edu/programs/fitzones
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.

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.

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.

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).

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!

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.

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.

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!

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.