

FITZONES

WINTER INTERIM 2021 | MARCH 15 - MARCH 28 | NO CLASSES ON 3/26

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)	MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)	CORE YOGA FLOW L2, 7:00-7:55 AM IG LIVE (ABBY)	MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)	PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
ALL CORE M2/3, 12:45-1:00 PM IG LIVE (DANNY)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)	HIIT M2/3, 12:00-12:35 PM IG LIVE (ROB)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG 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)	ALL CORE M2/3, 12:45-1:00 PM IG LIVE (ROB)	MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (CINDY)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)
ULTIMATE UPPER BODY (W/DUMBBELLS) & CARDIO L1/2, 5:10-5:50 PM IG LIVE (CINDY)	KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)	MIDDAY MOBILITY (TENNIS OR LACROSSE BALL) L1, 3:00-3:20 PM FB LIVE (DANNY)		
	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 4:00-4:40 PM IG LIVE (ELIZABETH)		



• • FITZONE WORKOUT DESCRIPTIONS*

ALL CORE

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

CORE YOGA FLOW

A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

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).

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.

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.

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!

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!

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)