**Fit Zone Classes**  
Free for UCLA Faculty & Staff  
**WORK WEEK GROUP FITNESS CLASSES**

**MONDAYS**
- **Yoga for Beginners**  
  11am-12pm Wilshire Center Ste 130

- **Jamboree Fitness**  
  12:10-1:30pm Wilshire Center Ste 130

- **Yoga Beg/Int.**  
  12:10-1:30pm Wilshire Center Ste 130

- **Zumba/Dance It Out**  
  5:15-6:15pm Wilshire Center Ste 130

**TUESDAYS**
- **YogaLattes**  
  11am-12pm Wilshire Center Ste 130

- **Total Body Workout**  
  12:15-12:55pm Wilshire Center Ste 130

- **PiYo**  
  1:10-2:10pm Wilshire Center Ste 130

- **Zumba & Conditioning**  
  1:30-1:55pm Wilshire Center Ste 130

- **T’ai Chi and Qi Gong**  
  12:40-1:30pm Dickson Court South

- **Aqua Core & More**  
  12:00-1:00pm North Pool (Kaufman)

- **Yoga Beg/Int.**  
  12:00-1:00pm Boelter Hall 8500PH

- **Zumba/Dance It Out**  
  12:10-12:55pm Kaufman RM 230

**WEDNESDAYS**
- **Total Body Workout**  
  11:30-12:25pm Wilshire Center Ste 130

- **Yoga & Tai Chi**  
  12:00-1:00pm North Pool (Kaufman)

- **Total Body Workout**  
  12:00-1:00pm North Pool (Kaufman)

- **Hip Hop Grooves Dance Fitness**  
  12:05-12:50pm CHS 8th Floor Floor or Semel Auditorium as a backup

- **Zumba/Dance It Out**  
  12:10-12:55pm Kaufman RM 230

**THURSDAYS**
- **Total Body Workout**  
  11:30-12:25pm Wilshire Center Ste 130

- **Zumba & Conditioning**  
  12:30-1:25pm Wilshire Center Ste 130

- **Aqua Core & More**  
  12:00-1:00pm Kaufman RM 230

- **Zumba/Dance It Out**  
  12:10-12:55pm Kaufman RM 230

- **Total Body Workout**  
  5:15-6:15pm Wilshire Center Ste 130

**FRIDAYS**
- **Yoga Beg/Int.**  
  11:30-12:30 Public Affairs Rm 3343

- **Zumba/Dance It Out**  
  12:05-1:00pm CHS 8th Floor Floor or Semel Auditorium as a backup

- **Total Body Workout**  
  5:15-6:15pm Wilshire Center Ste 130

**INFORMATION**
- Please wear comfortable clothes that allow for free movement and silence all phones. Try to be on time for class, but coming late and leaving early are permissible to accommodate your work schedules.
- Upon arrival, please show Bruin ID and sign-in.
- Outdoor classes do not meet in rainy weather. All classes subject to change without notice.

**CLASS SCHEDULE**

**SEPT Classes (April 2-June 8)**

**MONDAYS:**
- **Yoga for Beginners**  
  11am-12pm
- **Jamboree Fitness**  
  12:10-1:30pm
- **Yoga Beg/Int.**  
  12:10-1:30pm
- **Zumba/Dance It Out**  
  5:15-6:15pm

**TUESDAYS:**
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  11am-12pm
- **Total Body Workout**  
  12:15-12:55pm
- **PiYo**  
  1:10-2:10pm
- **Zumba & Conditioning**  
  1:30-1:55pm
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  12:40-1:30pm
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  12:05-1:00pm
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  5:15-6:15pm

**ELECTRONIC SURVEY**

*Check for updates/cancellations*  
www.recreation.ucla.edu/fitzones

![Fit Zones](image-url)