**Fit Zone Classes**  
Free for UCLA Faculty & Staff

**Work Week Group Fitness Classes**

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
</tr>
</thead>
</table>
| **YOGA FOR BEGINNERS**  
11am-12pm Wilshire Center Ste 130 | **HULA HOOP**  
11:45am-12:15pm Dickson Court North next to Perloff Hall | **YOGALATTES**  
11am-12pm Wilshire Center Ste. 130  
12:10-1:10pm Wilshire Center Ste. 130 | **TOTAL BODY WORKOUT**  
11:30-12:25pm Wilshire Center Ste. 130  
1:30-2:25pm Wilshire Center Ste. 130 | **YOGA BEG/INT.**  
11:30-12:30 Public Affairs Rm 3343  
12:00-1:00pm Wilshire Center Ste 130  
12:00-12:55pm Kaufman Rm 250  
12:00-12:45pm Ashe Center 4th Fl Conf  
1:00-1:45pm Ashe Center 4th Fl Conf |
| **WET WORKOUT**  
12:10-1:10pm Family Pool, SCRC  
12:00-1:00pm Perloff Hall Rm, 1302  
12:00-12:55pm Kaufman Rm, 250  
12:00-1:00pm Botanical Garden Pavilion | **TOTAL BODY WORKOUT**  
12:00-1:00pm Family Pool, SCRC | **PIYO**  
1:15-2:10pm Wilshire Center Ste. 130 | **ZUMBA & CONDITIONING**  
12:30-1:25pm Wilshire Center Ste. 130 | **PRE/POST NATAL YOGA**  
1:05-2:05pm JWC (Dynasty RM)*  
*Need doctor note to participate |
| **YOGA BEG/INT**  
12:10-1:10pm Wilshire Center Ste 130  
12:00-1:00pm Perloff Hall, Rm 1302  
12:00-12:55pm Kaufman Rm 250  
12:00-1:00pm Botanical Garden Pavilion | **TAI CHI AND QI GONG**  
12:40-1:30pm Dickson Court South | **LAUGH YOUR ABS OFF!**  
2:15-3:00pm Wilshire Center Ste. 130 | **AQUA CORE & MORE**  
12:00-1:00pm North Pool (Kaufman) | **YOGA BEG/INT.**  
12:00-12:55pm Kaufman Rm 250  
12:00-1:00pm Mol Sci Rm 3440 |
| **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. |

**Back Health/Alexander Technique Program**

**Click Here to Enroll:**

**Intro Classes** (April 2-June 8)  
Mondays, 12:05-12:55pm CHS C8-177  
Tuesdays, 12:05-12:55pm Perloff 1302  
Tuesdays, 1:30-2:30pm Wilshire Ste 130

**Advanced Classes** (April 2-June 8)  
Mondays, 1:05-1:55pm CHS C8-177  
Tuesdays, 2:30-3:30 Wilshire Ste 130  
Thursdays, 12:05-1:55pm, Perloff 1302

**Breathwork All Levels** (April 2-June 8)  
Mondays, 3:00-4:00pm Wilshire Center  
Fridays, 12:05-12:55pm, Perloff 1302

**Fit Sports Listed At:**  
[www.recreation.ucla.edu/imsports](http://www.recreation.ucla.edu/imsports)

**Marc C-Space Classes:**  
Yoga and Tai Chi classes also available for Health Systems Employees only at the Mindful Awareness Research Center in the Semel Institute/CHS Building  
C-Space Class Schedule Available at: [www.marc.ucla.edu/c-space-class-schedule](http://www.marc.ucla.edu/c-space-class-schedule)

**Spring 2018**  
April 2-June 8  
**No Classes: 5/28**  
*CHS Zumba and Wilshire Center Classes will go until June 15  
*Cancellations and location changes are subject to change.*

**Register for Fitzones by taking electronic survey here**

*Check for updates/cancellations*  
[www.recreation.ucla.edu/fitzones](http://www.recreation.ucla.edu/fitzones)