## Fit Zone Classes
Free for UCLA Faculty & Staff

### WORK WEEK GROUP FITNESS CLASSES

**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.

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YOGA FOR BEGINNERS</strong>&lt;br&gt;11am-12pm Wilshire Center Ste 130</td>
<td><strong>HULA HOOP</strong>&lt;br&gt;11:45am-12:15pm Dickson Court North next to Perloff Hall&lt;br&gt;<strong>TOTAL BODY WORKOUT</strong>&lt;br&gt;12:15-12:55pm Dickson Court North next to Perloff Hall</td>
<td><strong>YOGALATTES</strong>&lt;br&gt;11am-12pm Wilshire Center Ste. 130&lt;br&gt;<strong>PIYO</strong>&lt;br&gt;1:15-2:10pm Wilshire Center Ste. 130&lt;br&gt;<strong>LAUGH YOUR ABS OFF!</strong>&lt;br&gt;2:15-2:30pm Wilshire Center Ste. 130&lt;br&gt;<strong>WET WORKOUT</strong> 12:10-1:10pm Family Pool, SCRC</td>
<td><strong>TOTAL BODY WORKOUT</strong>&lt;br&gt;11:30-12:25pm Wilshire Center Ste. 130&lt;br&gt;1:30-2:25pm Wilshire Center Ste. 130</td>
<td><strong>YOGA BEG/INT.</strong>&lt;br&gt;11:30-12:30 Public Affairs Rm 3343&lt;br&gt;12:00-1:00pm Wilshire Center Ste 130&lt;br&gt;12:00-12:35pm Kaufman Rm 250&lt;br&gt;12:00-12:45pm Ash Center 4th Fl Conf&lt;br&gt;1:00-1:45pm Ash Center 4th Fl Conf</td>
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<td><strong>WET WORKOUT</strong>&lt;br&gt;12:10-1:10pm Family Pool, SCRC</td>
<td><strong>YOGA BEG/INT.</strong>&lt;br&gt;12:00-1:00pm North Pool (Kaufman)</td>
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<td><strong>U-JAM DANCE FITNESS</strong>&lt;br&gt;12:05-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</td>
<td><strong>AQUA CORE &amp; MORE</strong>&lt;br&gt;12:00-1:00pm North Pool (Kaufman)</td>
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<td><strong>ZUMBA/DANCE IT OUT</strong>&lt;br&gt;5:15-6:15pm Wilshire Center Ste. 130</td>
<td><strong>HIP HOP GROOVES DANCE FITNESS</strong>&lt;br&gt;12:05-12:50pm KAUFMAN Rm 230</td>
<td><strong>TOTAL BODY WORKOUT</strong>&lt;br&gt;5:15-6:15pm Wilshire Center Ste 130</td>
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### BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM
**CLICK HERE TO ENROLL:**

- **INTRO CLASSES** (April 2-June 8)
  - Mondays, 12:05-12:55pm CHS C8-177
  - Tuesdays, 1:05-1:55pm, NPH 67-415
  - Tuesdays, 2:30-3:30pm Humanities 222B
  - Thursdays, 1:00-2:00pm Humanities 222B
  - Fridays, 12:00-12:55pm, Perloff Hall 1032

- **ADVANCED CLASSES** (April 2-June 8)
  - Mondays, 1:05-1:55pm CHS C8-177
  - Tuesdays, 12:05-12:55pm NPH 67-415
  - Thursdays, 12:05-12:55pm, Perloff Hall 1032<br>  - Fridays, 1:05-2:00pm, Humanities 222B

- **BREATHEWORK ALL LEVELS** (April 2-June 8)
  - Mondays, 3:00-4:00pm Wilshire Center 130
  - Fridays, 2:00-3:00pm, Humanities 222B

### FIT SPORTS LISTED AT:
www.recreation.ucla.edu/fitzones

Basketball, M/W/F, 12-1pm SAC Gym<br>Soccer Tu/Th/Fr 12-1pm IM Field

### 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<br>C-Space Class Schedule Available at: www.marc.ucla.edu/c-space-class-schedule

### CLASS 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.

**REGISTRER FOR FITZONES BY TAKING ELECTRONIC SURVEY HERE**

*CHECK FOR UPDATES/CANCELLATIONS www.recreation.ucla.edu/fitzones*