**SUMMER 2017**
June 26-September 15
NO CLASSES: 7/3, 7/4, 9/4
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

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### 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>
<tbody>
<tr>
<td>WET WORKOUT 12:00-1:00pm Family Pool, SCRC</td>
<td>HULA HOOP 11:45am-12:15pm Dickson Court South, next to Perloff Hall</td>
<td>LAUGH YOUR ABS OFF! 2:15-2:30pm Wilshire Center Ste. 130</td>
<td>TAI CHI AND QI GONG 12:00-1:00pm Le Conte Ave/Westwood</td>
<td>YOGA BEG/INT. 11:30-12:30 Public Affairs Rm 3343</td>
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<tr>
<td>YOGA FOR BEGINNERS 11am-12pm Wilshire Center Ste 130</td>
<td>TOTAL BODY WORKOUT 12:15-12:55pm Dickson Court South, next to Perloff Hall</td>
<td>PIYO 1:15-2:10pm Wilshire Center Ste. 130</td>
<td>TOTAL BODY WORKOUT 11:30-12:25pm Wilshire Center Ste. 130</td>
<td>12:00-1:00pm Wilshire Center Ste. 130</td>
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<tr>
<td>YOGA BEG/INTERMEDIATE 12:10-1:10pm Wilshire Center Ste 130 12:00-1:00pm Perloff Hall Rm. 1302 12:00-12:55pm Kaufman Rm. 250</td>
<td>TAI CHI AND QI GONG 12:35:25pm Dickson Court South</td>
<td>TOTAL BODY WORKOUT 5:15-6:15pm Wilshire Center Ste. 130</td>
<td>AQUA CORE &amp; MORE 12:00-1:00pm North Pool (Kaufman)</td>
<td>PRE/POST NATAL YOGA 1:05-2:05pm JWC (Dynasty RM)*</td>
</tr>
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<td>ZUMBA/DANCE IT OUT 12:05-12:55pm CHS 8th Floor Patio or NPI Auditorium as a backup</td>
<td>AQUA CORE &amp; MORE 12:00-1:00pm North Pool (Kaufman)</td>
<td>WET WORKOUT 12:00-1:00pm Family Pool, SCRC</td>
<td>YOGA BEG/INT. 12:00-1:00pm Boelter Hall 8500PH</td>
<td>*Need doctor note to participate</td>
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<td>YOGA INTERMEDIATE 12:10-1:10pm Wilshire Center Ste. 130</td>
<td>*Must be a BMF grad</td>
</tr>
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<td>TOTAL BODY WORKOUT 12:10-12:50pm Kaufman Rm 240 *No class 7/6 or 7/18 room unavailable</td>
<td>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman Rm 240 *No class 7/6 or 7/18 room unavailable</td>
<td>ZUMBA &amp; CONDITIONING 12:30-1:25pm Wilshire Center Ste. 130</td>
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<td>TOTAL BODY WORKOUT 1:30-2:25pm Wilshire Center Ste. 130</td>
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<td>ZUMBA &amp; DANCE IT OUT 12:10-12:50pm Kaufman Rm 240 *No classes 7/6, 7/13, 7/20, room is unavailable</td>
<td>TOTAL BODY WORKOUT 1:30-2:25pm Wilshire Center Ste. 130</td>
</tr>
</tbody>
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**BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM**

**CLICK HERE TO ENROLL:**

**INTRO CLASSES (July 6-Sept 15)**
Mondays, 12:05-12:55pm CHS C8-177
Mondays, 1:05-1:55pm CHS C8-177
Thursdays 1:05-1:55pm Perloff 1302
Fridays, 12:05-12:55pm Perloff 1302
Thursdays 3:00-4:00pm Wilshire Ste 130

**ADVANCED CLASSES (July 6-Sept 15)**
Thursdays, 12:05-12:55pm, Perloff 1302
Thursdays 3:00-4:00pm Wilshire Ste 130
Fridays, 1:05-1:55pm Perloff 1302

**FIT SPORTS LISTED AT:**
www.recreation.ucla.edu/imsports

**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.

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**MARC**
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