# Fit Zone Classes

**Free for UCLA Faculty & Staff**

**WORK WEEK GROUP FITNESS CLASSES**

**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

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
</tr>
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</table>
| **WET WORKOUT**  
12:00-1:00pm  
Family Pool, SCRC  
11am-12pm  
Wilshire Center Ste 130  
12:10-1:10pm  
Wilshire Center Ste 130  
12:00-1:00pm  
Perloff Hall Rm 1302  
12:00-12:55pm  
Kaufman Rm 250  | **HULA HOOP**  
11:45am-12:15pm  
Dickson Court South, next to Perloff Hall  
**TOTAL BODY WORKOUT**  
12:15-12:55pm  
Dickson Court South, next to Perloff Hall  
11:30-12:25pm  
Wilshire Center Ste. 130  
**TAI CHI AND QI GONG**  
12:35-1:25pm  
Dickson Court South  
**AQUA CORE & MORE**  
12:00-1:00pm  
North Pool (Kaufman)  
**YOGA BEG/INT.**  
12:00-1:00pm  
Boelter Hall 8500PH  
12:00-1:00pm  
Mol Sci Rm 3440  
**ZUMBA/DANCE IT OUT**  
12:10-12:50pm  
Kaufman RM 240  
*No class 7/4 or 7/18 room unavailable  
**FIT SPORTS LISTED AT:**  
[www.recreation.ucla.edu/imsports](http://www.recreation.ucla.edu/imsports)  
**BRUIN MINDFIT DROP IN**  
12:00-1:00pm  
JWC (Dynasty RM)*  
*Must be a BMF grad  
**FIT 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. | **LAUGH YOUR ABS OFF!**  
2:15-2:30pm  
Wilshire Center Ste. 130  
**PIYO**  
1:15-2:10pm  
Wilshire Center Ste. 130  
**TAI CHI AND QI GONG**  
12:00-1:00pm  
Le Conte Ave/Westwood  
**TOTAL BODY WORKOUT**  
5:15-6:15pm  
Wilshire Center Ste 130  
**WET WORKOUT**  
12:00-1:00pm  
Family Pool, SCRC  
**YOGA BEG/INT.**  
12:00-1:00pm  
Boelter Hall 8500PH  
12:00-1:00pm  
Mol Sci Rm 3440  
**ZUMBA & CONDITIONING**  
12:30-1:25pm  
Wilshire Center Ste 130  
**TOTAL BODY WORKOUT**  
11:30-12:25pm  
Wilshire Center Ste. 130  
1:30-2:25pm  
Wilshire Center Ste. 130  
**AQUA CORE & MORE**  
12:00-1:00pm  
Wilshire Center Ste. 130  
**YOGA BEG/INT.**  
12:00-1:00pm  
Boelter Hall 8500PH  
12:00-1:00pm  
Mol Sci Rm 3440  
**ZUMBA & DANCE IT OUT**  
12:10-12:50pm  
Kaufman RM 240  
*No classes 7/6, 7/13, 7/20, room is unavailable  
**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  
**PRE/POST NATAL YOGA**  
1:05-2:05pm  
JWC (Dynasty RM)*  
*Need doctor note to participate  
**TOTAL BODY WORKOUT**  
1:30-2:25pm  
Wilshire Center Ste. 130  
**WET WORKOUT**  
12:00-1:00pm  
Family Pool, SCRC  
**ZUMBA/ DANCE IT OUT**  
12:10-12:50pm  
JWC (Dynasty RM)*  
*Must be a BMF grad

**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  

**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](http://www.marc.ucla.edu/c-space-class-schedule)