**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><strong>YOGA FOR BEGINNERS</strong> 11am-12pm Wilshire Center (Tiffany)</td>
<td><strong>FUNCTIONAL FITNESS FUN</strong> 12:10-12:50pm Dickson Court North *with Mario Godiva as seen on Dr. Oz Doesn’t Start Unit Oct. 2</td>
<td><strong>YOGALATTES</strong> 11am-12pm Wilshire Center (Jackelyn) 12:10-12:10pm Wilshire Center (Jackelyn)</td>
<td><strong>TOTAL BODY WORKOUT</strong> 11:30-12:25pm Wilshire Center (iku) 12:00-1:10pm La Kretz Botanical Gardens @CHS 71-257 (Tracy)</td>
<td><strong>YOGA BEG/INT.</strong> 11:30-12:30 Public Affairs Rm 4357 (Layla)</td>
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<tr>
<td><strong>WET WORKOUT</strong> 12:10-11:00pm Family Pool, SCRC</td>
<td><strong>TOTAL BODY WORKOUT</strong> 11:30-12:25pm Wilshire Center (iku) 12:00-1:10pm La Kretz Botanical Gardens @CHS 71-257 (Tracy)</td>
<td><strong>PIYO</strong> 1:15-2:15pm Wilshire Center (Courtney)</td>
<td><strong>DANCE CARDIO &amp; COND.</strong> 12:30-1:25pm Wilshire Center (iku)</td>
<td><strong>WET WORKOUT</strong> 12:10-1:10pm Family Pool, SCRC</td>
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<tr>
<td><strong>YOGA BEG/INT.</strong> 12:10-1:10pm Wilshire Center (Tiffany) 12:00-1:00pm Perloff Hall 1302 (Marco) 12:00-12:55pm Kaufman Rm. 250 (Mona) 12:00-1:00pm La Kretz Garden Pavilion @UCLA Botanical Garden (Darnain)</td>
<td><strong>DANCE IT OUT/ZUMBA</strong> 12:10-12:50pm Wilshire Center (iku)</td>
<td><strong>WET WORKOUT</strong> 12:10-1:10pm Family Pool, SCRC</td>
<td><strong>AQUA CORE &amp; MORE</strong> 12:00-1:00pm North Pool (Kauffman)</td>
<td><strong>ZERO CLASSES</strong> 12:10-1:00pm Public Affairs Rm 4357 (Layla)</td>
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<tr>
<td><strong>TANCE CARDIO &amp; COND.</strong> 12:30-1:25pm Wilshire Center (iku)</td>
<td><strong>WET WORKOUT</strong> 12:10-1:10pm Family Pool, SCRC</td>
<td><strong>TAI CHI AND QI GONG</strong> 12:00-1:00pm Mol Sci 3440 (Tiffany)</td>
<td><strong>TAI CHI AND QI GONG</strong> 12:00-1:00pm Le Conte Ave/Westwood</td>
<td><strong>TOTAL BODY WORKOUT</strong> 11:30-12:25pm Wilshire Center (iku)</td>
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<tr>
<td><strong>DANCE IT OUT/ZUMBA</strong> 12:10-12:50pm Wilshire Center (Laura)</td>
<td><strong>BREATHWORK ALEXANDER TECH</strong> 3:00-4:00pm Wilshire Center Suite 130 *only for people who have completed intro to AT program</td>
<td><strong>YOGA BEG/INT.</strong> 12:00-1:00pm Perloff Hall 1302 (April) 12:00-12:55pm Kaufman Rm 250 (Kathy) 12:00-1:00pm La Kretz Botanical Garden Pavilion (Darnain)</td>
<td><strong>ZUMBA/DANCE IT OUT</strong> 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Taylor)</td>
<td><strong>YOGA BEG/INT.</strong> 12:10-1:00pm Mol Sci 3440 (Tiffany)</td>
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<tr>
<td><strong>DANCE IT OUT/ZUMBA</strong> 5:15-6:15pm Wilshire Center (Laura)</td>
<td><strong>AQUA CORE &amp; MORE</strong> 12:00-1:00pm North Pool (Kauffman)</td>
<td><strong>ZUMBA/DANCE IT OUT</strong> 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Aylin)</td>
<td><strong>TOTAL BODY WORKOUT</strong> 11:30-12:25pm Wilshire Center (iku) 12:00-1:10pm La Kretz Botanical Gardens @CHS 71-257 (Tracy) 1:30-2:25pm Wilshire Center (Darcil)</td>
<td><em>Class Info:</em> 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.</td>
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**BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM**

**CLICK HERE TO ENROLL:**

**INTRO CLASSES (9/24-12/14)**
Mondays, 12:00-12:55pm CHS 28-181 Tuesdays, 1:00-1:55pm, CHS 28-181 Tuesdays, 2:30-3:30pm Wilshire Center 130 Thursdays, 1:00-2:00pm Kaplan Hall 222B Fridays, 12:00-12:55pm, Perloff Hall 1302

**ADVANCED CLASSES (9/24-12/14)**
Mondays, 1:00-1:55pm CHS 28-181 Tuesdays, 12:00-12:55pm CHS 28-181 Thursdays, 12:00-12:55pm, Perloff Hall 1302 Fridays, 1:00-2:00pm, Kaplan Hall 222B

**BREATHWORK ALL LEVELS**
(9/24-12/14)
Mondays, 3:00-4:00pm Wilshire Center 130 Fridays, 2:00-3:00pm, Kaplan Hall 222B
*Kaplan Hall - formerly known as Humanities*

**FIT SPORTS LISTED AT:**
www.recreation.ucla.edu/imsports
Basketball, M/W/F, 12-1pm SAC Gym 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 C-Space Class Schedule Available at: www.marc.ucla.edu/c-space-class-schedule

*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.*