

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.

REGISTER FOR FITZONES BY TAKING ELECTRONIC SURVEY [HERE](#)

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>YOGA FOR BEGINNERS 11am-12pm Wilshire Center Ste 130</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>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 La Kretz Garden Pavilion @UCLA Botanical Garden</p> <p>BREATHWORK ALEXANDER TECH 3:00-4:00pm Wilshire Center Suite 130</p> <p>U-JAM DANCE FITNESS 12:05-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p> <p>ZUMBA/DANCE IT OUT 5:15-6:15pm Wilshire Center Ste. 130</p>	<p>HULA HOOP 11:45am-12:15pm Dickson Court North next to Perloff Hall</p> <p>TOTAL BODY WORKOUT 12:15-12:55pm Dickson Court North next to Perloff Hall 11:30-12:25pm Wilshire Center Ste. 130</p> <p>ZUMBA & CONDITIONING 12:30-1:25pm Wilshire Center Ste 130</p> <p>TAI CHI AND QI GONG 12:40-1:30pm Dickson Court South</p> <p>AQUA CORE & MORE 12:00-1:00pm North Pool (Kaufman)</p> <p>YOGA BEG/INT 12:00-1:00pm Sculpture Garden 12:00-1:00pm Mol Sci Rm 3440</p> <p>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman RM 230</p>	<p>YOGALATTES 11am-12pm Wilshire Center Ste. 130 12:10-1:10pm Wilshire Center Ste. 130</p> <p>PIYO 1:15-2:10pm Wilshire Center Ste. 130</p> <p>LAUGH YOUR ABS OFF! 2:15-2:30pm Wilshire Center Ste. 130</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>YOGA BEG/INT 12:00-1:00pm Perloff Hall Rm1302 12:00-12:55pm Kaufman Rm 250 12:00-1:00pm La Kretz Garden Pavilion @UCLA Botanical Garden</p> <p>HIP HOP GROOVES DANCE FITNESS 12:05-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p> <p>TOTAL BODY WORKOUT 5:15-6:15pm Wilshire Center Ste 130</p>	<p>TOTAL BODY WORKOUT 11:30-12:25pm Wilshire Center Ste. 130 1:30-2:25pm Wilshire Center Ste. 130</p> <p>ZUMBA & CONDITIONING 12:30-1:25pm Wilshire Center Ste 130</p> <p>AQUA CORE & MORE 12:00-1:00pm North Pool (Kaufman)</p> <p>TAI CHI AND QI GONG 12:00-1:00pm Le Conte Ave/Westwood</p> <p>YOGA BEG/INT. 12:00-1:00pm Mol Sci Rm 3440</p> <p>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman RM 230</p>	<p>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</p> <p>PRE/POST NATAL YOGA 1:05-2:05pm JWC (Dynasty RM)* <i>*Need doctor note to participate</i></p> <p>BRUIN MINDFIT DROP IN 12:00-1:00pm JWC (Dynasty RM) <i>*Must be a BMF grad</i></p> <p>TOTAL BODY WORKOUT 1:30-2:25pm Wilshire Center Ste. 130</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>ZUMBA/ DANCE IT OUT 12:05:12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p> <p>BREATHWORK ALEXANDER TECH 2:00-3:00pm Humanities Building Rm 222B</p>
<p>BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM</p> <p><u>CLICK HERE TO ENROLL:</u></p> <p>INTRO CLASSES (April 2-June 8) Mondays, 12:05-12:55pm CHS C8-177 Tuesdays, 1:05-1:55pm, NPIH 67-415 Tuesdays, 2:30-3:30pm Wilshire Center 130 Thursdays, 1:00-2:00pm Humanities 222B Fridays, 12:00-12:55pm, Perloff Hall 1302</p> <p>ADVANCED CLASSES (April 2-June8) Mondays, 1:05-1:55pm CHS C8-177 Tuesdays, 12:05-12:55pm NPIH 67-415 Thursdays, 12:05-12:55pm, Perloff 1302 Fridays, 1:05-2:00pm, Humanities Rm 222B</p> <p>BREATHWORK ALL LEVELS (April 2-June8) Mondays, 3:00-4:00pm Wilshire Center 130 Fridays, 2:00-3:00pm, Humanities 222B</p>	<p>FIT SPORTS LISTED AT: <u>www.recreation.ucla.edu/imsports</u></p> <p>Basketball, M/W/F, 12-1pm SAC Gym Soccer Tu/Th/Fr 12-1pm IM Field</p>	<p>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: <u>www.marc.ucla.edu/c-space-class-schedule</u></p>	<p>CLASS INFORMATION</p> <p>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.</p> <p>Upon arrival, please show Bruin ID and sign-in.</p> <p>Outdoor classes do not meet in rainy weather. All classes subject to change without notice.</p>	

