**Work Week Group Fitness Classes**

**Spring 2019**

**April 1-June 7**

**No Classes: 5/27**

*Modified Schedule June 10-21*

*Cancellations and location changes are subject to change. Check Mindbody Online or Fitzone webpage for updates.*

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
</table>
| **Yoga for Beginners**  
11am-12pm Wilshire Center (Tiffany)  
12:00-1:00pm Family Pool, SCRC  
12:10-1:00pm La Kretz Garden Pavilion  
@UCLA Botanical Garden  
*Only for people who have completed intro to AT program** |
| **Total Body Workout**  
11:30-12:25pm Wilshire Center (Iku)  
12:00-1:00pm CHS 71-257 (Tracy)  
12:00-1:35pm Mol Sci 3440 (Tiffany)  
12:00-1:00pm La Kretz Garden Pavilion  
@UCLA Botanical Garden  
*Must be a BMF grad** |
| **Yoga Lattes**  
11am-12pm Wilshire Center (Jackelyn)  
12:10-1:10pm Wilshire Center (Jackelyn)  
12:30-1:35pm Wilshire Center (Iku)  
12:00-1:00pm Wilshire Center (Iku)  
12:00-1:00pm Wilshire Center (Jacinta) |
| **Core de Force**  
1:15-2:15pm Wilshire Center (Courtney)  
2:25pm Wilshire Center (Victoria)  
2:15pm Wilshire Center (Tracy)  
1:30-2:30pm Wilshire Center (Jacinta)  
1:00-2:00pm Wilshire Center (Iku) |
| **Dance Cardio & Condition**  
12:30-1:25pm Wilshire Center (Iku)  
12:30-1:25pm Wilshire Center (Iku)  
12:00-1:00pm Wilshire Center (Iku)  
12:30-1:25pm Wilshire Center (Iku)  
12:30-1:25pm Wilshire Center (Iku) |
| **Breathwork Alexander Tech**  
3:00-4:00pm Wilshire Center Suite 130  
*Only for people who have completed intro to AT program** |
| **Spring Forest Qigong**  
1:30-2:25pm Wilshire Center Suite 130 (Michael) |
| **Dance It Out**  
12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Henyia)  
5:15-6:15pm Wilshire Center (Milo) |
| **Hula Hoop & Fitness Fun**  
1:15-2:00pm Court of Sciences on grass in front of Geology (Tracy)  
5:15-6:15pm Wilshire Center (Jacinta) |
| **Piyo**  
1:30-2:30pm Wilshire Center (Courtney) |
| **Total Body Workout**  
2:25pm Wilshire Center (Darci)  
1:10pm Wilshire Center (Courtney)  
12:25pm Wilshire Center (Jackelyn)  
1:20pm Wilshire Center (Iku)  
12:45pm Wilshire Center (Iku) |
| **Yoga Beg/Int.**  
12:00-1:00pm Wilshire Center (Tiffany)  
12:20-1:20pm Wilshire Center (Iku)  
12:00-1:00pm Wilshire Center (Tiffany)  
12:00-1:00pm Wilshire Center (Tiffany)  
12:45pm Wilshire Center (Iku) |
| **Pre/Post Natal Yoga**  
1:05-2:05pm JWC Dynasty (Monica)  
*Starts 1/25*  
*Need doctor note to participate** |
| **Bruin Mindfit Drop In**  
12:00-1:00pm JWC Dynasty (Isabelle)  
*Must be a BMF grad** |
| **Total Body Workout**  
1:30-2:25pm Wilshire Center (Iku) |
| **Wet Workout**  
12:20-1:20pm Family Pool, SCRC  
12:20-1:20pm Family Pool, SCRC  
12:00-1:00pm Wilshire Center (Tiffany)  
1:00-2:00pm Wilshire Center (Jackelyn) |
| **Dance It Out**  
12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (TBD)  
12:00-1:00pm Wilshire Center (Jackelyn)  
12:00-1:00pm Wilshire Center (Jackelyn)  
12:00-1:00pm Wilshire Center (Jacinta)  
12:00-1:00pm Wilshire Center (Jackelyn) |
| **Total Body Workout**  
12:10-12:50pm Kaufman Rm 250 (Alyin) |
| **Zumba**  
12:10-12:50pm Kaufman Rm 250 (Alyin)  
12:00-1:00pm Wilshire Center (Iku)  
12:00-1:00pm Wilshire Center (Tiffany)  
12:00-1:00pm Wilshire Center (Iku)  
12:00-1:00pm Wilshire Center (Tiffany) |
| **Yoga Beg/Int.**  
12:00-1:00pm Le Conte Ave/Westwood |
| **Breathwork Alexander Tech**  
2:00-3:00pm Kaplan Bldg 250  
(formerly Humanities Bldg)** |

**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

**Class Info:**

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.
WINTER 2019
January 7-March 15
NO CLASSES: 1/21, 2/18
*Modified Schedule March 18-29
*Cancellations and location changes are subject to change. Check Mindbody Online or Fitzone webpage for updates.

Use Mindbody Online to sign into each class at clients.mindbodyonline.com

CLASS DESCRIPTIONS:

DANCE IT OUT
A high energy dance cardio workout celebrating a variety of styles and music. Dance It Out teaching methods make it easy for everyone to learn fun routines and follow along.

DANCE CARDIO & CONDITIONING
A high energy dance cardio workout combined with conditioning and strength training. Get the best of both worlds—cardio dance and strength training all in one hour of power.

ZUMBA
A fun dance cardio workout to dance from around the world with an emphasis on Latin music. Enjoy learning styles such as salsa, cumbia, merengue, reggaeton and more.

TOTAL BODY WORKOUT
A total body strength training/anaerobic class using resistance tubes and your own body for resistance. Lunges, squats, planks and more to get all major muscle groups in your body strong & fit.

HULA HOOP & FITNESS FUN
Enjoy being a kid again and get a workout while enjoying the art of hula hooping. Then enjoy some cardio and conditioning using games and relays to make it extra fun! Hula Hoops provided.

LAUGH YOUR ABS OFF
Laughter is the best medicine! Come enjoy bouts of voluntary laughter as facilitated by the instructor that will simultaneously strengthen your core and bring you joy! Performed in intervals with rest in between using breath work techniques.

CORE DE FORCE
Core De Force is a high-energy, non-contact fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. Your own body weight provides the resistance—no equipment needed.

SPRING FOREST QIGONG
A revolutionary and modernized form of qigong that teaches participants self-healing techniques utilizing movement and meditation. These slow movements harness one’s own energy and help balance the endocrine and lymphatic systems in the body. Studies show qigong can help people strengthen their immune systems.

TAI CHI & QIGONG
Tai chi is an ancient Chinese tradition and total health/self defense system. The official short form, with a series of 24 slow, flowing movements, puts in motion every joint, tendon, muscle and organ, stimulating Chi (vital energy) while generating a deep state of relaxation and well-being. Studies show Tai Chi & Qigong improve circulation, vitality, strength, coordination.

AQUA CORE & MORE/WET WORKOUT
Suspended in deep water with a flotation belt or water buoy, deep-water exercises give you the benefits of muscle conditioning aerobics and flexibility in a non-impact workout. The class will differ between instructors. Open to all fitness levels; modifications provided.

ALEXANDER TECHNIQUE BREATHWORK
Alexander Technique teaches how to change postural habits and enables improved mobility, posture, performance and alertness along with relief of chronic stiffness, tension and stress. In this class there will be a focus on breathwork to relax and connect with one’s body.

PIYO
is designed to build strength, improve flexibility, and tone muscles—all in the same class! Using only your body weight, you’ll perform a series of high-intensity moves (all without putting unnecessary stress on your body) while working every muscle for a long, lean, and incredibly defined physique.

YOGALATTES
This class will challenge your entire body with great attention to the core. Pilates principles and techniques are combined with yoga poses to create a unique vinyasa flow with extra elements of core strength and conditioning.

YOGA
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility and strength. Unwind, stretch, breathe and center yourself in this ancient practice of creating unity between the mind and body. Open to all fitness levels; modifications provided.

PRE/POST NATAL YOGA
A hatha yoga class designed and modified for women who are pre or post natal for safety of the body and baby. The class will include segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility and strength. There will also be restorative poses using props to help facilitate deep relaxation. Unwind, stretch, breathe and center yourself in this ancient practice of creating unity between the mind and body pre and/or post natal.