## Summer 2018
### June 18 - September 14

**No Classes:** 7/4

*Cancellations and location changes are subject to change.*

### Register for Fit Zones by taking electronic survey [here](https://www.recreation.ucla.edu/fitzones)

### Back Health/Alexander Technique Program

#### Click here to enroll:

**Intro Classes (June 18 - Sept 7)**
- Mondays, 12:05-12:55pm CHS 28-181
- Tuesdays, 1:05-1:55pm, CHS C8-639
- Thursdays, 1:00-2:00pm Humanities 250
- Fridays, 12:00-12:55pm, Wilshire Center 130

**Advanced Classes (June 18 - Sept 7)**
- Mondays, 1:05-1:55pm CHS 28-181
- Tuesdays, 12:05-12:55pm CHS C8-639
- Thursdays, 12:05-12:55pm, Perloff Hall 1302
- Fridays, 1:05-2:00pm, Humanities 250

### Breathwork Alexander Tech

**3:00-4:00pm Wilshire Center Suite 130**

*only for people who have completed intro to AT program*

### Dance It Out/Zumba

**12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup**

### Zumba/Dance It Out

**5:15-6:15pm Wilshire Center Ste. 130**

### Yoga for Beginners

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>11am-12pm</td>
<td>12:10-12:50pm</td>
<td>11:00-1:00pm</td>
<td>11:30-12:25pm</td>
<td>11:30-12:30</td>
</tr>
<tr>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Public Affairs Rm 4357</td>
</tr>
<tr>
<td>Wet Workout</td>
<td>Wet Workout</td>
<td>Wet Workout</td>
<td>Wet Workout</td>
<td>Pre/Post Natal Yoga</td>
</tr>
<tr>
<td>12:10-1:10pm</td>
<td>12:10-1:10pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>1:05-2:05pm</td>
</tr>
<tr>
<td>Family Pool, SCRC</td>
<td>Wilshire Center Ste 130</td>
<td>Family Pool, SCRC</td>
<td>North Pool (Kaufman)</td>
<td>JWC (Dynasty RM)*</td>
</tr>
<tr>
<td>Yogalattes</td>
<td>Zumba &amp; Conditioning</td>
<td>Yoga Beg/Int.</td>
<td>Aqua Core &amp; More</td>
<td>Yoga Beg/Int.</td>
</tr>
<tr>
<td>11am-12pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Perloff Hall Rm 1302</td>
<td>Mol Sci Rm 3440</td>
<td>Wilshire Center Ste 130</td>
</tr>
<tr>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
</tr>
<tr>
<td>12:10-1:10pm</td>
<td>12:10-1:10pm</td>
<td>12:10-1:10pm</td>
<td>12:10-1:10pm</td>
<td>12:10-1:10pm</td>
</tr>
<tr>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
</tr>
<tr>
<td>Hula Hoop &amp; Total Body Circuit</td>
<td>T'ai Chi and Qi Gong</td>
<td>Aqua Core &amp; More</td>
<td>Yoga Beg/Int.</td>
<td></td>
</tr>
<tr>
<td>12:10-12:50pm</td>
<td>12:40-1:30pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Dickson Court North to Perloff Hall</td>
<td>Dickson Court South</td>
<td>North Pool (Kaufman)</td>
<td>Public Affairs Rm 4357</td>
<td>JWC (Dynasty RM)*</td>
</tr>
<tr>
<td>Zumba &amp; Dance It Out</td>
<td>Zumba &amp; Dance It Out</td>
<td>Yoga Beg/Int.</td>
<td>Yoga Beg/Int.</td>
<td></td>
</tr>
<tr>
<td>12:10-12:50pm</td>
<td>12:10-12:50pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
</tr>
<tr>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
<td>Total Body Workout</td>
</tr>
<tr>
<td>5:15-6:15pm</td>
<td>5:15-6:15pm</td>
<td>12:10-12:50pm</td>
<td>12:10-12:50pm</td>
<td>12:10-12:50pm</td>
</tr>
<tr>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
<td>Kaufman RM 230</td>
<td>Wilshire Center Ste 130</td>
<td>Wilshire Center Ste 130</td>
</tr>
</tbody>
</table>

### Fit Sports Listed At:

- [www.recreation.ucla.edu/imzsports](http://www.recreation.ucla.edu/imzsports)

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

### 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.

### Contact Information

- **Email:** [info@ucla-recreationservices.com](mailto:info@ucla-recreationservices.com)
- **Phone:** 310-825-6777
- **Website:** [www.recreation.ucla.edu](http://www.recreation.ucla.edu)

**Visit:** the Semel Institute/CHS Building in the Mindful Awareness Research Center for Health Systems Employees only at

---

**Back Health/Alexander Technique Program**

- **Click here to enroll:**

**Intro Classes (June 18 - Sept 7)**
- Mondays, 12:05-12:55pm CHS 28-181
- Tuesdays, 1:05-1:55pm, CHS C8-639
- Thursdays, 1:00-2:00pm Humanities 250
- Fridays, 12:00-12:55pm, Wilshire Center 1302

**Advanced Classes (June 18 - Sept 7)**
- Mondays, 1:05-1:55pm CHS 28-181
- Tuesdays, 12:05-12:55pm CHS C8-639
- Thursdays, 12:05-12:55pm, Perloff Hall 1302
- Fridays, 1:05-2:00pm, Humanities 250

**Breathwork All Levels**

- **(June 18 - Sept 7)**
- Mondays, 1:05-12:50pm Wilshire Center 130
- Fridays, 12:00-12:55pm, Humanities 250

---

**Fit Zone Classes**

Free for UCLA Faculty & Staff

**Work Week Group Fitness Classes**

---

**Register for Fit Zones by taking electronic survey here**

- [www.recreation.ucla.edu/fitzones](http://www.recreation.ucla.edu/fitzones)