**Fit Zone Classes**  
Free for UCLA Faculty & Staff  
**WORK WEEK GROUP FITNESS CLASSES**

### SUMMER 2018  
**June 18-September 14**  
*NO CLASSES: 7/4*

*Cancellations and location changes are subject to change.*

### 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  
Tuesdays, 2:30-3:30pm Wilshire Center 130  
Thursdays, 1:00-2:00pm Humanities 250  
Fridays, 12:00-12:55pm, Perloff Hall 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 Rm 250

**BREATHEWORK ALL LEVELS**  
(June 18-Sept 7)  
Mondays, 1:00-1:30pm Wilshire Center 130  
Fridays, 2:00-3:00pm, Humanities 250

**FIT SPORTS LISTED AT:**  
[www.recreation.ucla.edu/imsports](http://www.recreation.ucla.edu/imsports)

**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.*