# Summer 2018 Work Week Group Fitness Classes

**June 18 - September 14**

**No Classes: 7/4**

*Cancellations and location changes are subject to change.*

### Monday
- **Yoga for Beginners**
  - 11am-12pm Wilshire Center Ste 130
- **Wet Workout**
  - 12:10-1:10pm Perloff Hall Rm 1302
  - 12:00-1:00pm Kaufman Rm 250
  - 12:00-1:00pm La Kretz Garden Pavilion
- **Yoga Beg/Int**
  - 12:10-1:10pm Wilshire Center Ste 130
  - 12:00-1:00pm Perloff Hall Rm 1302
- **Zumba & Conditioning**
  - 12:30-1:25pm Wilshire Center Ste 130
- **T’ai Chi and Qi Gong**
  - 12:40-1:30pm Dickson Court South
- **Aqua Core & More**
  - 12:00-1:00pm North Pool (Kaufman)
- **Yoga Beg/Int**
  - 12:00-1:00pm Sculpture Garden
  - 12:00-1:00pm Mol Sci Rm 3440
- **Zumba / Dance It Out**
  - 12:10-12:50pm Kaufman RM 230

### Tuesday
- **Hula Hoop & Total Body Circuit**
  - 12:10-12:50pm Dickson Court North next to Perloff Hall
- **Total Body Workout**
  - 11:30-12:25pm Wilshire Center Ste 130
  - 1:30-2:25pm Wilshire Center Ste 130
- **Yoga Beg/Int**
  - 12:00-1:00pm Perloff Hall Rm 1302
  - 12:00-1:00pm La Kretz Garden Pavilion @UCLA Botanical Garden
- **Aqua Core & More**
  - 12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup
- **Zumba / Dance It Out**
  - 12:10-12:50pm Kaufman RM 230

### Wednesday
- **YogaLattes**
  - 11am-12pm Wilshire Center Ste 130
  - 12:10-1:10pm Wilshire Center Ste 130
- **Wet Workout**
  - 12:10-1:10pm Family Pool, SCRC
- **Yoga Beg/Int**
  - 12:00-1:00pm Perloff Hall Rm 1302
  - 12:00-1:00pm La Kretz Garden Pavilion @UCLA Botanical Garden
- **T’ai Chi and Qi Gong**
  - 12:00-1:00pm Le Conte Ave/Westwood
- **Yoga Beg/Int**
  - 12:00-1:00pm Mol Sci Rm 3440
- **Zumba / Dance It Out**
  - 12:10-12:50pm Kaufman RM 230

### Thursday
- **Total Body Workout**
  - 11:30-12:25pm Wilshire Center Ste 130
  - 1:30-2:25pm Wilshire Center Ste 130
- **Wet Workout**
  - 12:10-1:10pm Family Pool, SCRC
- **Zumba & Conditioning**
  - 12:30-1:25pm Wilshire Center Ste 130
- **Aqua Core & More**
  - 12:00-1:00pm North Pool (Kaufman)
- **T’ai Chi and Qi Gong**
  - 12:00-1:00pm Le Conte Ave/Westwood
- **Yoga Beg/Int**
  - 12:00-1:00pm Mol Sci Rm 3440
- **Zumba / Dance It Out**
  - 12:10-12:50pm Kaufman RM 230

### Friday
- **Yoga Beg/Int.**
  - 11:30-12:30 Public Affairs Rm 4357
  - 12:00-1:00pm Wilshire Center Ste 130
  - 12:00-1:00pm Kaufman Rm 250
- **Pre/Post Natal Yoga**
  - 12:00-1:00pm JWC (Dynasty RM)*
  - *Need doctor note to participate*
- **Bruin MindFit Drop In**
  - 12:00-1:00pm JWC (Dynasty RM)*
  - *Must be a BMF grad*
- **Total Body Workout**
  - 1:30-2:25pm Wilshire Center Ste 130
- **Wet Workout**
  - 12:10-1:10pm Family Pool, SCRC
- **Zumba / Dance It Out**
  - 12:10-2:50pm CHS 8th Floor Patio or Semel Auditorium as a backup
- **Breathwork Alexander Tech**
  - 2:00-3:00pm Humanities Building Rm 250
  - *only for people who have completed intro to AT program*

**Back Health/Alexander Technique Program**

**Click Here to Enroll:**

**Intro Classes (June 18-Sept 7)**
- Mondays, 12:05-12:55pm CHS 37-417
- Tuesdays, 1:05-1:55pm, CHS C8-639
- 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 37-417
- Tuesdays, 12:05-12:55pm CHS C8-639
- Thursdays, 12:05-12:55pm, Perloff Hall 1302
- Fridays, 1:05-2:00pm, Humanities Rm 250

**Breathwork All Levels**

**Fit Sports Listed At:**

- 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.