

Fit Zone Classes

Free for UCLA Faculty & Staff

WORK WEEK GROUP FITNESS CLASSES

WINTER 2018

January 8-March 23

NO CLASSES: 1/15, 2/19

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>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>YOGA FOR BEGINNERS 11am-12pm Wilshire Center Ste 130</p> <p>YOGA BEG/INTERMEDIATE 12:10-1:10pm Wilshire Center Ste 130 12:00-1:00pm Perloff Hall Rm. 1302 12:00-12:55pm Kaufman Rm. 250</p> <p>ZUMBA/DANCE IT OUT 12:05-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup 5:15-6:15pm Wilshire Center Ste. 130</p> <p>BREATHWORK ALEXANDER TECH 3:00-4:00pm Wilshire Center Suite 130</p> <p>MINDFUL-MUSIC & MEDITATION Live piano by Dalida Arakelian 2:30-3:00pm Semel Auditorium *Dates: 1/22, 1/29, 2/5, only</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 CNSI 5th Floor Presentation Room 12:00-1:00pm Mol Sci Rm 3440</p> <p>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman RM 240</p>	<p>LAUGH YOUR ABS OFF! 2:15-2:30pm Wilshire Center Ste. 130</p> <p>PIYO 1:15-2:10pm Wilshire Center Ste. 130</p> <p>TOTAL BODY WORKOUT 5:15-6:15pm Wilshire Center Ste 130</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>YOGA INTERMEDIATE 11am-12pm Wilshire Center Ste. 130 12:10-1:10pm Wilshire Center Ste. 130 12:00-1:00pm Perloff Hall Rm1302 12:00-12:55pm Kaufman Rm 250</p> <p>ZUMBA/DANCE IT OUT 12:05-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p>	<p>TAI CHI AND QI GONG 12:00-1:00pm Le Conte Ave/Westwood</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>YOGA BEG/INT. 12:00-1:00pm Boelter Hall 8500PH 12:00-1:00pm Mol Sci Rm 3440</p> <p>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman RM 240</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)* *Need doctor note to participate</p> <p>BRUIN MINDFIT DROP IN 12:00-1:00pm JWC (Dynasty RM) *Must be a BMF grad</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 2:00-3:00 Perloff Hall Rm 1302</p>

BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM

[CLICK HERE TO ENROLL:](#)

INTRO CLASSES (Jan 8-Mar 19)

Mondays, 12:05-12:55pm CHS C8-177
 Tuesdays, 12:05-12:55pm CHS C8-177
 Tuesdays, 1:30-2:30pm Wilshire Ste 130
 Thursdays, 1:00-2:00pm Perloff 1302
 Thursdays, 3:00-4:00pm CHS C8-177
 Fridays, 12:05-12:55pm Perloff 1302

ADVANCED CLASSES (Jan 8-Mar 19)

Mondays, 1:05-1:55pm CHS C8-177
 Tuesdays, 2:30-3:30 Wilshire Ste 130
 Thursdays, 12:05-12:55pm, Perloff 1302
 Fridays, 1:05-1:55pm Perloff 1302

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 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.

