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

**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.*

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
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| **YOGA FOR BEGINNERS**  
11am-12pm Wilshire Center (Tiffany)  
**WET WORKOUT**  
12:10-1:10pm Family Pool, SCRC  
**YOGA BEG/INT**  
12:10-1:10pm Wilshire Center (Tiffany)  
12:00-1:00pm Perloff Hall 1302 (Marco) *Starts 1/14  
12:00-12:55pm Kaufman Rm. 250 (Mona)  
12:00-1:00pm La Kretz Garden Pavilion @UCLA Botanical Garden (Darrian)  
**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**  
12:10-12:55pm CHS 8th Floor Patio *Take H Elevators (Heniya)  
**ZUMBA/DANCE IT OUT**  
5:15-6:15pm Wilshire Center (Julia)  
**TOTAL BODY WORKOUT**  
11:30-12:25pm Wilshire Center (Iku)  
12:00-1:00pm CHS 71-257 (Tracy)  
1:30-2:25pm Wilshire Center (Tracy)  
**DANCE CARDIO & CONDITION**  
12:30-1:25pm Wilshire Center (Iku)  
**TAI CHI AND QIGONG**  
12:40-1:30pm Dickson Court South  
**AQUA CORE & MORE**  
12:00-1:00pm North Pool (Kaufman)  
**YOGA BEG/INT**  
12:00-1:00pm Mol Sci 3440 (Tiffany)  
**ZUMBA /DANCE IT OUT**  
12:10-12:50pm Kaufman 230 (Taylor)  
**U-JAM DANCE FITNESS**  
12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Jasmin)  
**YOGALATTES**  
11am-12pm Wilshire Center (Jackelyn)  
12:10-1:10pm Wilshire Center (Jackelyn)  
**PIYO**  
1:15-2:15pm Wilshire Center (Courtney)  
**LAUGH YOUR ABS OFF**  
2:15-2:45pm Wilshire Center (Courtney)  
**TOTAL BODY WORKOUT**  
11:30-12:25pm Wilshire Center (Iku)  
12:00-1:00pm CHS 71-257 (Tracy)  
1:30-2:25pm Wilshire Center (Darcy)  
**DANCE CARDIO & CONDITION**  
12:30-1:25pm Wilshire Center (Iku)  
**AQUA CORE & MORE**  
12:00-1:00pm North Pool (Kaufman)  
**TAI CHI AND QIGONG**  
12:00-1:00pm Le Conte Ave/Westwood  
**YOGA BEG/INT.**  
12:00-1:00pm Le Conte Ave/Westwood  
**ZUMBA /DANCE IT OUT**  
12:10-12:50pm Kaufman Rm 250 (Kathy)  
12:00-1:00pm Mol Sci 3440 (Tiffany)  
1:10pm *Room 250 on 1/24, 1/31, 2/7, 2/14, 2/21  
**U-JAM DANCE FITNESS**  
12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Jasmin)  
**YOGA BEG/INT.**  
11:30-12:30 Public Affairs Rm 4357 (Maya)  
12:00-1:00pm Wilshire Center (Tiffany)  
12:00-12:55pm Kaufman Rm 250 (Kathy)  
12:00-12:45pm Ashe Center 4th Fl Conf  
1:00-1:45pm Ashe center 4th Fl Conf  
**TOTAL BODY WORKOUT**  
1:30-2:25pm Wilshire Center (Iku)  
**PRE/POST NATAL YOGA**  
1:05-2:05pm JWC Dynasty (Mon)  
*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**  
12:10-1:10pm Family Pool, SCRC  
**ZUMBA/DANCE IT OUT**  
12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Jasmin)  
**BREATWORK ALEXANDER TECH**  
2:00-3:00pm Kaplan Bldg 222B  
(formerly Humanities Bldg)  
*only for people who have completed intro to AT program  

**BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM**  
**CLICK HERE TO ENROLL:**  
**INTRO CLASSES (1/7-3/15)**  
Mondays, 12:00-12:55pm CHS 28-181  
Tuesdays, 1:00-1:55pm, CHS 28-181  
Tuesdays, 2:30-3:30pm Wilshire Center 130  
Thursdays, 1:00-2:00pm Kaplan Hall 222B  
Fridays, 12:00-12:55pm, Perloff Hall 1302  
**ADVANCED CLASSES (1/7-3/15)**  
Mondays, 1:00-1:55pm CHS 28-181  
Tuesdays, 12:00-12:55pm CHS 28-181  
Thursdays, 12:00-12:55pm, Perloff 1302  
Fridays, 1:00-2:00pm, Kaplan Hall 222B  
**BREATWORK ALL LEVELS (1/7-3/15)**  
Mondays, 3:00-4:00pm Wilshire Center 130  
Fridays, 2:00-3:00pm, Kaplan Hall 222B  
*Kaplan Hall -formerly known as Humanities  

**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.