### Work Week Group Fitness Classes

**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.*

**MONDAYS**

<table>
<thead>
<tr>
<th>11am-12pm</th>
<th>12:10-1:10pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yoga for Beginners</strong> (Tiffany)</td>
<td>Family Pool, SCRC</td>
</tr>
</tbody>
</table>

**TUESDAYS**

<table>
<thead>
<tr>
<th>11:30-12:25pm</th>
<th>12:00-1:10pm</th>
<th>1:30-2:25pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Body Workout</strong> (Iku)</td>
<td>CHS 71-257 (Tracy)</td>
<td>Wilshire Center (Jacelyn)</td>
</tr>
</tbody>
</table>

**WEDNESDAYS**

<table>
<thead>
<tr>
<th>11am-12pm</th>
<th>12:10-1:10pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yogalattes</strong></td>
<td>Wilshire Center (Jackelyn)</td>
</tr>
</tbody>
</table>

**THURSDAYS**

<table>
<thead>
<tr>
<th>11:30-12:25pm</th>
<th>12:00-1:10pm</th>
<th>1:30-2:25pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Body Workout</strong></td>
<td>CHS 71-257 (Tracy)</td>
<td>Wilshire Center (Iku)</td>
</tr>
</tbody>
</table>

**FRIDAYS**

<table>
<thead>
<tr>
<th>11:30-12:30pm</th>
<th>12:00-1:10pm</th>
<th>1:30-2:25pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yoga Beg/Int.</strong></td>
<td>Public Affairs Rm 4357 (Maya)</td>
<td>Wilshire Center (Tiffany)</td>
</tr>
</tbody>
</table>

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**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.

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**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 Hall 1302
- Fridays, 1:00-2:00pm, Kaplan Hall 222B

**Breathwork All Levels (1/7-3/15)**
- Mondays, 3:00-4:00pm Wilshire Center 130
- Fridays, 2:00-3:00pm, Kaplan Hall 222B

**Fit Zone Classes**

*Free for UCLA Faculty & Staff*

**WINTER 2019**

**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

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**UCLA Rec**