## Fit Zone 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.

In order to attend classes, please:

**REGISTER FOR FITZONES HERE**

**Use Mindbody Online to sign into each class at clients.mindbodyonline.com**

### 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 250
- 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 250

**BREATHEWORK ALL LEVELS**

**1/7-3/15**
- Mondays, 3:00-4:00pm Wilshire Center 130
- Fridays, 2:00-3:00pm, Kaplan Hall 250

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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) *Starts 1/14

### Breathwork Alexander Tech

3:00-4:00pm Wilshire Center Suite 130
*only for people who have completed intro to AT program

### Spring Forest Qigong

1:30-2:25pm Wilshire Center Suite 130

### Dance IT OUT

12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Penina)
5:15-6:15pm Wilshire Center (Julia)

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### 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)

### Dance IT OUT

12:10-12:50pm Kaufman 240 (Taylor)

### U-Jam Dance Fitness

12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Jasmine)

### Yogalattes

11:15-12:15pm Wilshire Center (Jackelyn)
12:10-1:10pm Wilshire Center (Jackelyn)

### PIYO

1:15-2:15pm Wilshire Centr (Courtney)

### Laugh Your Abs Off

2:15-2:45pm Wilshire Centr (Courtney)

### Total Body Workout

5:15-6:15pm Wilshire Center (Jacinta)

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### Total Body Workout

11:30-12:25pm Wilshire Center (Iku)
12:00-1:00pm CHS 71-257 (Tracy)
1:30-2:25pm Wilshire Center (Darci)

### 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 Mol Sci 3440 (Tiffany)

### Zumba

12:10-12:50pm Kaufman Rm 250 (Aylin)
*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 (Meghan)

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**FIT SPORTS LISTED AT:**

[www.recreation.ucla.edu/imsports](http://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](http://www.marc.ucla.edu/c-space-class-schedule)

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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.