

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.

In order to attend classes, please:

[REGISTER FOR FITZONES HERE](#) and

[Use Mindbody Online to sign into each class at clients.mindbodyonline.com](#)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>YOGA FOR BEGINNERS 11am-12pm Wilshire Center (Tiffany)</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>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</p> <p>BREATHWORK ALEXANDER TECH 3:00-4:00pm Wilshire Center Suite 130 *only for people who have completed intro to AT program</p> <p>SPRING FOREST QIGONG 1:30-2:25pm Wilshire Center Suite 130</p> <p>DANCE IT OUT 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Heniya) 5:15-6:15pm Wilshire Center (Julia)</p>	<p>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)</p> <p>DANCE CARDIO & CONDITION 12:30-1:25pm Wilshire Center (Iku)</p> <p>TAI CHI AND QIGONG 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 Mol Sci 3440 (Tiffany)</p> <p>DANCE IT OUT 12:10-12:50pm Kaufman 240 (Taylor)</p> <p>U-JAM DANCE FITNESS 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Jasmine)</p>	<p>YOGALATTES 11am-12pm Wilshire Center (Jackelyn) 12:10-1:10pm Wilshire Center (Jackelyn)</p> <p>PIYO 1:15-2:15pm Wilshire Centr (Courtney)</p> <p>LAUGH YOUR ABS OFF 2:15-2:45pm Wilshire Centr (Courtney)</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>YOGA BEG/INT 12:00-1:00pm Perloff Hall 1302 *No class 1/16 12:00-12:55pm Kaufman Rm 250 (Kathy) 12:00-1:00pm La Kretz Garden Pavilion @UCLA Botanical Garden</p> <p>DANCE IT OUT 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Meghan)</p> <p>TOTAL BODY WORKOUT 5:15-6:15pm Wilshire Center (Jacinta)</p>	<p>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)</p> <p>HULA HOOP 12:10-12:50pm Court of Sciences, in front of Geology Bldg on grass</p> <p>DANCE CARDIO & CONDITION 12:30-1:25pm Wilshire Center (Iku)</p> <p>AQUA CORE & MORE 12:00-1:00pm North Pool (Kaufman)</p> <p>TAI CHI AND QIGONG 12:00-1:00pm Le Conte Ave/Westwood</p> <p>YOGA BEG/INT. 12:00-1:00pm Mol Sci 3440 (Tiffany)</p> <p>ZUMBA 12:10-12:50pm Kaufman RM 240 (Aylin) *Room 250 on 1/24, 1/31, 2/7, 2/14, 2/21</p> <p>U-JAM DANCE FITNESS 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Jasmine)</p>	<p>YOGA BEG/INT. *12:15-1:15pm Public Affairs Rm 4357 (Maya) *11:30am-12:30pm 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</p> <p>PRE/POST NATAL YOGA 1:05-2:05pm JWC Dynasty (Mona) *Starts 1/25 *Need doctor note to participate</p> <p>BRUIN MINDFIT DROP IN 12:00-1:00pm JWC Dynasty (Isabelle) *Must be a BMF grad</p> <p>TOTAL BODY WORKOUT 1:30-2:25pm Wilshire Center (Iku)</p> <p>WET WORKOUT 12:10-1:10pm Family Pool, SCRC</p> <p>DANCE IT OUT 12:10-12:50pm CHS 8th Floor Patio *Take H Elevators (Iku)</p> <p>BREATHWORK ALEXANDER TECH 2:00-3:00pm Kaplan Bldg 222B (formerly Humanities Bldg) *only for people who have completed intro to AT program</p>
<p>BACK HEALTH/ALEXANDER TECHNIQUE PROGRAM</p> <p>CLICK HERE TO ENROLL:</p> <p>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</p> <p>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 250</p> <p>BREATHWORK ALL LEVELS (1/7-3/15) Mondays, 3:00-4:00pm Wilshire Center 130 Fridays, 2:00-3:00pm, Kaplan Hall 250</p>	<p>FIT SPORTS LISTED AT: www.recreation.ucla.edu/imsports</p> <p>Basketball, M/W/F, 12-1pm SAC Gym Soccer Tu/Th/Fr 12-1pm IM Field</p>	<p>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</p>	<p>*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.</p>	 

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CLASS DESCRIPTIONS:

DANCE IT OUT

A high energy dance cardio workout celebrating a variety of styles and music. Dance It Out teaching methods make it easy for everyone to learn fun routines and follow along.

DANCE CARDIO & CONDITIONING

A high energy dance cardio workout combined with conditioning and strength training. Get the best of both worlds—cardio dance and strength training all in one hour of power.

U-JAM DANCE FITNESS

A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography everyone can enjoy and get their jam on.

ZUMBA

A fun dance cardio workout to dance from around the world with an emphasis on Latin music. Enjoy learning styles such as salsa, cumbia, merengue, ragaeton and more.

TOTAL BODY WORKOUT

A total body strength training/anaerobic class using resistance tubes and your own body for resistance. Lunges, squats, planks and more to get all major muscle groups in your body strong and fit.

HULA HOOP

Enjoy being a kid again and get a workout while enjoying the art of hula hooping. Hula Hoops provided.

LAUGH YOUR ABS OFF

Laughter is the best medicine! Come enjoy bouts of voluntary laughter as facilitated by the instructor that will simultaneously strengthen your core and bring you joy! Performed in intervals with rest in between using breath work techniques.

SPRING FOREST QIGONG

A revolutionary and modernized form of qigong that teaches participants self-healing techniques utilizing movement and meditation. These slow movements harness one's own energy and help balance the endocrine and lymphatic systems in the body. Studies show qigong can help people strengthen their immune systems and heal from disease.

TAI CHI & QIGONG

Tai chi is an ancient Chinese tradition and total health/self defense system. The official short form, with a series of 24 slow, flowing movements, puts in motion every joint, tendon, muscle and organ, stimulating Chi (vital energy) while generating a deep state of relaxation and well-being. Studies show Tai Chi & Qigong improve circulation, vitality, strength, coordination.

AQUA CORE & MORE/WET WORKOUT

Suspended in deep water with a flotation belt or water buoy, deep-water exercises give you the benefits of muscle conditioning aerobics and flexibility in a non-impact workout. The class will differ between instructors. Open to all fitness levels; modifications provided.

ALEXANDER TECHNIQUE BREATHWORK

Alexander Technique teaches how to change postural habits and enables improved mobility, posture, performance and alertness along with relief of chronic stiffness, tension and stress. In this class there will be a focus on breathwork to relax and connect with one's body.

YOGALATTES & PIYO

This class will challenge your entire body with great attention to the core. Pilates principles and techniques are combined with yoga poses to create a unique vinyasa flow with extra elements of core strength and conditioning. Open to all fitness levels; modifications provided.

YOGA

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility and strength. Unwind, stretch, breathe and center yourself in this ancient practice of creating unity between the mind and body. Open to all fitness levels; modifications provided.

PRE/POST NATAL YOGA

A hatha yoga class designed and modified for women who are pre or post natal for safety of the body and baby. The class will include segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility and strength. There will also be restorative poses using props to help facilitate deep relaxation. Unwind, stretch, breathe and center yourself in this ancient practice of creating unity between the mind and body pre and/or post natal.

