## 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.*

### 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)*

### 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.

### In order to attend classes, please:
**REGISTER FOR FITZONES HERE**

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

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### Mondays

<table>
<thead>
<tr>
<th><strong>Class</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga for Beginners</td>
<td>Wilshire Center (Tiffany)</td>
</tr>
<tr>
<td>Wet Workout</td>
<td>Family Pool, SCRC</td>
</tr>
<tr>
<td>Yoga Beg/Intermediate</td>
<td>Wilshire Center (Tiffany)</td>
</tr>
</tbody>
</table>

### Tuesdays

<table>
<thead>
<tr>
<th><strong>Class</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Workout</td>
<td>Wilshire Center (iku)</td>
</tr>
<tr>
<td>Dance Cardio &amp; Condition</td>
<td>Dicksen Court South</td>
</tr>
<tr>
<td>Tai Chi and Qigong</td>
<td>Wilshire Center (iku)</td>
</tr>
<tr>
<td>Breathwork Alexander Tech</td>
<td>UCLABotanical Garden</td>
</tr>
</tbody>
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### Wednesdays

<table>
<thead>
<tr>
<th><strong>Class</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>YogaLattes</td>
<td>Wilshire Center (Jackelyn)</td>
</tr>
<tr>
<td>Piyo</td>
<td>Wilshire Center (Courtney)</td>
</tr>
<tr>
<td>Hula Hoop</td>
<td>Court of Sciences, in front of Geology Bldg on grass</td>
</tr>
</tbody>
</table>

### Thursdays

<table>
<thead>
<tr>
<th><strong>Class</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Workout</td>
<td>Wilshire Center (iku)</td>
</tr>
<tr>
<td>Wet Workout</td>
<td>Family Pool, SCRC</td>
</tr>
<tr>
<td>Yoga Beg/Intermediate</td>
<td>Perloff Hall 1302 (Marco)</td>
</tr>
</tbody>
</table>

### Fridays

<table>
<thead>
<tr>
<th><strong>Class</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Beg/Intermediate</td>
<td>Wilshire Center (Tiffany)</td>
</tr>
<tr>
<td>Total Body Workout</td>
<td>Wilshire Center (iku)</td>
</tr>
<tr>
<td>Wet Workout</td>
<td>North Pool (Kauffman)</td>
</tr>
</tbody>
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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 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 1302
Fridays, 1:00-2:00pm, Kaplan Hall 250

Breathwork 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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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, ragaton 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.

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.