# FITZONE CLASSES ARE FREE FOR STUDENTS, FACULTY & STAFF

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>WARM UP TO WORK</strong>&lt;br&gt;L1, 7:00-7:15 AM&lt;br&gt;FB LIVE (CINDY)</td>
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<td><strong>WARM UP TO WORK</strong>&lt;br&gt;L1, 7:00-7:15 AM&lt;br&gt;FB LIVE (ELIZABETH)</td>
<td><strong>WARM UP TO WORK</strong>&lt;br&gt;L1, 7:00-7:15 AM&lt;br&gt;FB LIVE (PAM)</td>
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<td><strong>HIIT</strong>&lt;br&gt;M2/3, 12:00-12:35 PM&lt;br&gt;IG LIVE (DANNY)</td>
<td><strong>HIIT</strong>&lt;br&gt;M2/3, 12:00-12:35 PM&lt;br&gt;IG LIVE (ROB)</td>
<td><strong>HIIT</strong>&lt;br&gt;M2/3, 12:00-12:35 PM&lt;br&gt;IG LIVE (PETER S.)</td>
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<td><strong>HIIT</strong>&lt;br&gt;M2, 12:10-12:30 PM&lt;br&gt;FB LIVE (ROB)</td>
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<td><strong>ALL CORE</strong>&lt;br&gt;M2/3, 12:45-1:00 PM&lt;br&gt;IG LIVE (ROB)</td>
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<td><strong>MIDDAY MOBILITY</strong>&lt;br&gt;L1, 3:00-3:20 PM&lt;br&gt;FB LIVE (CINDY)</td>
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<td><strong>ULTIMATE UPPER BODY (W/DUMBBELLS) &amp; CARDIO</strong>&lt;br&gt;L1/2, 5:10-5:55 PM&lt;br&gt;FB LIVE (CINDY)</td>
<td><strong>TOTAL BODY CHALLENGE (W/DUMBBELLS)</strong>&lt;br&gt;M2/3, 4:00-4:40 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>TOTAL BODY CHALLENGE (W/DUMBBELLS)</strong>&lt;br&gt;L2, 4:00-4:40 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS)</strong>&lt;br&gt;L1, 4:00-4:40 PM&lt;br&gt;FB LIVE (ISABELLE)</td>
<td><strong>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS)</strong>&lt;br&gt;L2/3, 10:00-10:40 AM&lt;br&gt;IG LIVE (SUZANNE) (SAT.)</td>
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<td><strong>GUTS, BUTTS &amp; THIGHS (BODYWEIGHT, OPTIONAL DB’S)</strong>&lt;br&gt;L2/3, 6:40-7:40 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>BOOTCAMP (BANDS, DUMBBELLS)</strong>&lt;br&gt;M2/3, 5:10-5:50 PM&lt;br&gt;FB LIVE (PETER S.)</td>
<td><strong>RESTORATIVE YOGA</strong>&lt;br&gt;L1/2, 6:00-7:15 PM&lt;br&gt;FB LIVE (AALIYAH) NEED BLOCKS, STRAP, BLANKETS</td>
<td><strong>CORE YOGA FLOW</strong>&lt;br&gt;L1/2, 5:00-5:55 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS)</strong>&lt;br&gt;L2/3, 10:00-10:40 AM&lt;br&gt;IG LIVE (SUZANNE) (SAT.)</td>
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<td><strong>MAT PILATES</strong>&lt;br&gt;M2, 4:00-6:40 PM&lt;br&gt;IG LIVE (PAM)</td>
<td><strong>KICKBOX FITNESS</strong>&lt;br&gt;M2/3, 6:45-7:30 PM&lt;br&gt;FB LIVE (ELIZABETH)</td>
<td><strong>BOOMI BOXING</strong>&lt;br&gt;M2/3, 5:00-5:45 PM&lt;br&gt;FB LIVE (ROB)</td>
<td><strong>KICKBOX FITNESS</strong>&lt;br&gt;M2, 6:00-6:40 PM&lt;br&gt;FB LIVE (ROB)</td>
<td><strong>TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS)</strong>&lt;br&gt;L2/3, 10:00-10:40 AM&lt;br&gt;IG LIVE (SUZANNE) (SAT.)</td>
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<td><strong>CORE YOGA FLOW</strong>&lt;br&gt;L1/2, 6:00-7:15 PM&lt;br&gt;FB LIVE (JANELLE)</td>
<td><strong>YOGA</strong>&lt;br&gt;L1/2, 5:00-5:55 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>AFROBEAT YOGA</strong>&lt;br&gt;L1/2, 6:00-7:00 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>AFROBEAT YOGA</strong>&lt;br&gt;L1/2, 6:00-7:00 PM&lt;br&gt;FB LIVE (SUZANNE)</td>
<td><strong>JUMP ROPE FITNESS</strong>&lt;br&gt;M2, 2:00-2:40 PM&lt;br&gt;FB LIVE (SUZANNE) (SUN.)</td>
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**Choose Your Workout**

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<thead>
<tr>
<th>Complexity of Choreography</th>
<th>L Low</th>
<th>M Medium</th>
<th>H High</th>
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<tbody>
<tr>
<td>Exercise Intensity</td>
<td>1 Low</td>
<td>2 Medium</td>
<td>3 High</td>
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**Instagram Live:**

instagram.com/uclarec

**Facebook Live:**

facebook.com/uclarec

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UCLARec

recreation.ucla.edu/events
FITZONE
WORKOUT DESCRIPTIONS*

ALL CORE
A quick but challenging workout entirely for the core (midline/torso/abs).

BODYWEIGHT BOOTCAMP
This class uses your bodyweight and optional weights or common household objects to achieve a challenging full body workout. With long intervals and short breaks, this class will truly test your muscular endurance and cardiovascular stamina.

BOOM! BOXING
Fun and effective cardio and challenging conditioning exercises for the knock out! Play your favorite music while we mix segments of shadow boxing with segments of conditioning for a total body workout.

BOOTYCAMP
Bootcamp for the core, hips, and legs!

CORE YOGA FLOW
A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DEEP STRETCHING & RELAXATION
Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

GUTS, BUTTS & THIGHS
This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weight.

GYROKINESIS
Gyrokinesis is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath and mental focus. (Chair and mat required).

HIIT
High Intensity Interval Training keeps the intensity up by featuring full body multi joint movements for a total body challenge. Optional weights and/or common household objects will be used.

JUMP ROPE FITNESS
Great cardio, coordination, and fun! Learn new patterns and drills to get the most out of your workout and keep it interesting!

KICKBOX FITNESS
Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

MIDDAY MOBILITY
Effective full body stretches and self myofascial release techniques that can be done wherever you are.

MORNING STRETCH & MAT PILATES
Ease into the day with a 15 minute Stretch and then 30 minutes of Pilates - a total body exercise regimen that increases strength and flexibility and helps to improve posture.

PIYO
The perfect combo of Yoga and Pilates based moves, set to upbeat music.

RESTORATIVE SELF LOVE YOGA
Restorative Self Love Yoga is a 30 minute, deep stretch class that is focused solely on YOU! Come refill your cup and get grounded in an uplifting and supportive environment built around finding love for you mind, body, and soul. All levels are welcome. Come prepared to zen out!

TOTAL BODY CHALLENGE
A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

ULTIMATE UPPER BODY & CORE
Meet Guts, Butts & Thighs sister. We gotta give the upper body some love too! Using weights or common household objects, we will challenge the chest, back, arms, and core!

YOGA
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.