### FITZONES

**WINTER 2021 | JANUARY 4 - MARCH 14 | NO CLASSES 1/16 - 1/18 AND 2/13 - 2/15**

*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>
</tr>
</thead>
</table>
| WARM UP TO WORK  
L1, 7:00-7:15 AM  
FB LIVE (CINDY) | WARM UP TO WORK  
L1, 7:00-7:15 AM  
FB LIVE (DANNY) | WARM UP TO WORK  
L1, 7:00-7:15 AM  
FB LIVE (ROB) | WARM UP TO WORK  
L1, 7:00-7:15 AM  
FB LIVE (ROB) | WARM UP TO WORK  
L1, 7:00-7:15 AM  
FB LIVE (KC) |
| HIIT  
M2/3, 12:00-12:35 PM  
IG LIVE (DANNY) | MORNING STRETCH & MAT PILATES  
M2, 7:30-8:20 AM  
FB LIVE (PETER S.) | CORE YOGA FLOW  
L2, 7:00-7:55 AM  
IG LIVE (ABBY) | MORNING STRETCH & MAT PILATES  
M2/3, 12:10-12:50 PM  
IG LIVE (ROB) | PIYO  
M2/3, 12:10-12:50 PM  
FB LIVE (COURTNEY) |
| DANCE CARDIO & CONDITIONING  
M2, 12:15-12:45 PM  
FB LIVE (MANDY) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS)  
M2/3, 12:10-12:50 PM  
IG LIVE (ROB) | HIIT  
M2/3, 12:00-12:35 PM  
IG LIVE (ABBY) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS)  
M2/3, 12:10-12:50 PM  
IG LIVE (CINDY) | MIDDAY MOBILITY  
L1, 1:00-1:30 PM  
FB LIVE (LAURA) |
| ALL CORE  
M2/3, 12:45-1:00 PM  
IG LIVE (DANNY) | MIDDAY MOVEMENT ENERGISER  
L1, 3:00-3:20 PM  
FB LIVE (MANDY) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (ROB) | MIDDAY MOBILITY  
L1, 1:00-1:30 PM  
FB LIVE (ROB) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (ROB) |
| MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (DANNY) | BOOTCAMP  
(BANDS, DUMBBELLS)  
M2/3, 4:00-4:40 PM  
FB LIVE (SUZANNE) | LOW IMPACT CARDIO  
L1, 1:00-1:30 PM  
IG LIVE (CINDY) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (CINDY) | DEEP STRETCHING & RELAXATION  
L1, 4:00-5:00 PM  
FB LIVE (ISABELLE) |
| ULTIMATE UPPER BODY  
(W/DUMBBELLS) & CARDIO  
L1/2, 5:10-5:50 PM  
FB LIVE (CINDY) | KICKBOX FITNESS  
M2/3, 5:10-5:50 PM  
FB LIVE (PETER S.) | MIDDAY MOBILITY  
(L/2, 3:0-3:20 PM  
FB LIVE (DANNY) | BOOTCAMP WORKOUT  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) | DEEP STRETCHING & RELAXATION  
L1, 4:00-5:00 PM  
FB LIVE (ISABELLE) |
| BBTC - BOOTY, BACK, THIGHS & CORE  
(BANDS, DUMBBELLS)  
L2/3, 6:40-7:40 PM  
FB LIVE (ELISA) | MAT PILATES  
M2, 6:00-6:40 PM  
IG LIVE (PAM) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS)  
M2/3, 5:00-5:40 PM  
FB LIVE (ELIZABETH) | KICKBOX FITNESS  
M2/3, 5:00-5:40 PM  
FB LIVE (ROB) | TOTAL BODY CHALLENGE  
(W/HOUSEHOLD OBJECTS)  
L2/3, 10:00-10:40 AM  
IG LIVE (SUZANNE) (SAT.) |
| YOGA  
L1/2, 5:00-5:55 PM  
IG LIVE (MARCO) | BOOMI BOXING  
M2/3, 6:45-7:30 PM  
IG LIVE (ELIZABETH) | BOOMI BOXING  
M2/3, 6:45-7:30 PM  
IG LIVE (ELIZABETH) | CORE DE FORCE  
M2/3, 4:00-4:45 PM  
FB LIVE (COURTNEY) (SUN.) |

**Choose Your Workout**

**Complexity of Choreography**
- **L** Low  
- **M** Medium  
- **H** High

**Exercise Intensity**
- **1** Low  
- **2** Medium  
- **3** High

**Instagram Live:**
instagram.com/uclarec

**Facebook Live:**
facebook.com/uclarec

**REV:12/8/20**

fitwell.recreation.ucla.edu/programs/fitzones
AGILITY & CONDITIONING @ HOME
It can be done! All it takes is 8’x8’ clear area and some masking tape. Move, change directions, master challenging footwork patterns. Get your heart, brain, and athleticism pumping!

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

BBTC - BOOTY, BACK, THIGHS & CORE
What do you get when you add some back to GBT (Guts, Butts, & Thighs)? BBTC! It’s a low impact but challenging class that pre-fatigues important and generally weak muscles and then finishes with more complex movements for an effective workout for the back and lower body!

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 knockout! 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 DE FORCE
A mixed-martial arts inspired workout that focuses on core conditioning and dynamic movements. Modifications for every movement are provided making it suitable for various levels of ability and intensity. No equipment needed.

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

DANCE CARDIO & CONDITIONING
Alternate between fun dance cardio choreography and total body conditioning with optional weights or common household objects.

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).

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.

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

LOW IMPACT CARDIO
Perfect for the beginner exerciser or for those looking for a low impact cardio workout that gets your heart pumping.

MAT PILATES
Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

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

MIDDAY MOVEMENT ENERGIZER
An energizing movement break including movement and stretching to uplifting music that will get you over the afternoon slump!

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.

TBC - 20 MINUTE EMOM
It’s TBC in an EMOM - every minute on the minute - format. Exercises chosen to give you a total body workout and done every minute on the minute for 20 minutes for a challenging, moderate to high intensity workout.

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 & CARDIO
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 get in some cardio!

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