## VIRTUAL (LIVE) DROP-IN FITNESS & YOGA

**FALL 2020 | OCTOBER 5 - DECEMBER 13 | NO CLASSES 11/11, AFTER 2PM ON 11/25, 11/26 - 11/29**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARM UP TO WORK</strong></td>
<td>L1, 7:00-7:15 AM</td>
<td>FB LIVE (CINDY)</td>
<td><strong>WARM UP TO WORK</strong></td>
<td>L1, 7:00-7:15 AM</td>
</tr>
<tr>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 8:00-8:55 AM</td>
<td>ZOOM (TAYLOR)</td>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 8:00-8:55 AM</td>
</tr>
<tr>
<td><strong>DANCE CARDIO &amp; CONDITIONING</strong></td>
<td>M2, 11:10-11:50 AM</td>
<td>ZOOM (IKU)</td>
<td><strong>DANCE CARDIO &amp; CONDITIONING</strong></td>
<td>M2, 11:10-11:50 AM</td>
</tr>
<tr>
<td><strong>GYROKINESIS</strong></td>
<td>L1, 11:30 AM-12:00 PM</td>
<td>ZOOM (AMBER)</td>
<td><strong>GYROKINESIS</strong></td>
<td>L1, 11:30 AM-12:00 PM</td>
</tr>
<tr>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 12:05-1:00 PM</td>
<td>ZOOM (ISABELLE)</td>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 12:05-1:00 PM</td>
</tr>
<tr>
<td><strong>HIIT</strong></td>
<td>M2/3, 12:00-12:35 PM</td>
<td>IC LIVE (DANNY)</td>
<td><strong>HIIT</strong></td>
<td>M2/3, 12:00-12:35 PM</td>
</tr>
<tr>
<td><strong>BOOTY KICKIN BARRE</strong></td>
<td>M2, 12:05-12:50 PM</td>
<td>ZOOM (AMBER)</td>
<td><strong>BOOTY KICKIN BARRE</strong></td>
<td>M2, 12:05-12:50 PM</td>
</tr>
<tr>
<td><strong>ALL CORE</strong></td>
<td>M2/3, 12:45-1:00 PM</td>
<td>IC LIVE (DANNY)</td>
<td><strong>ALL CORE</strong></td>
<td>M2/3, 12:45-1:00 PM</td>
</tr>
<tr>
<td><strong>MIDDAY MOBILITY</strong></td>
<td>L1, 3:00-3:20 PM</td>
<td>FB LIVE (PETER S.)</td>
<td><strong>MIDDAY MOBILITY</strong></td>
<td>L1, 3:00-3:20 PM</td>
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<tr>
<td><strong>CHAIR YOGA</strong></td>
<td>L1, 3:00-3:50 PM</td>
<td>ZOOM (MARCO)</td>
<td><strong>TOTAL BODY CARDIO &amp; CONDITIONING</strong></td>
<td>(W/DUMBBELLS OR HOUSEHOLD OBJECTS)</td>
</tr>
<tr>
<td><strong>TOTAL BODY YOGA SCULPT</strong></td>
<td>M2, 4:00-4:55 PM</td>
<td>ZOOM (ISABELLE)</td>
<td><strong>TOTAL BODY YOGA SCULPT</strong></td>
<td>M2, 4:00-4:55 PM</td>
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<tr>
<td><strong>ZOOMBA</strong></td>
<td>M2, 5:30-6:00 PM</td>
<td>ZOOM (LAURA S.)</td>
<td><strong>ZOOMBA</strong></td>
<td>M2, 5:30-6:00 PM</td>
</tr>
<tr>
<td><strong>ULTIMATE UPPER BODY</strong></td>
<td>M2/3, 5:30-6:30 PM</td>
<td>IC LIVE (CINDY)</td>
<td><strong>ULTIMATE UPPER BODY</strong></td>
<td>M2/3, 5:30-6:30 PM</td>
</tr>
<tr>
<td><strong>PILATES/CYRO FUSION</strong></td>
<td>L1/2, 5:10-5:50 PM</td>
<td>ZOOM (AMBER)</td>
<td><strong>PILATES/CYRO FUSION</strong></td>
<td>L1/2, 5:10-5:50 PM</td>
</tr>
<tr>
<td><strong>MIXTAPE YOGA &amp; CHILL</strong></td>
<td>L1/2, 6:40-7;40 PM</td>
<td>FB LIVE (ELISA)</td>
<td><strong>MIXTAPE YOGA &amp; CHILL</strong></td>
<td>L1/2, 6:40-7;40 PM</td>
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<tr>
<td><strong>DANCE CARDIO</strong></td>
<td>M2, 7:00-7:40 PM</td>
<td>ZOOM (MEGHAN)</td>
<td><strong>DANCE CARDIO</strong></td>
<td>M2, 7:00-7:40 PM</td>
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<tr>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 8:00-8:55 PM</td>
<td>ZOOM (REBECCA)</td>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 8:00-8:55 PM</td>
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<tr>
<td><strong>GENTLE YOGA &amp; MOVING MEDITATIONS</strong></td>
<td>L1/2, 7:00-7:55 AM</td>
<td>ZOOM (KATHY)</td>
<td><strong>GENTLE YOGA &amp; MOVING MEDITATIONS</strong></td>
<td>L1/2, 7:00-7:55 AM</td>
</tr>
<tr>
<td><strong>MORNING STRETCH &amp; MAT PILATES</strong></td>
<td>M2, 7:30-8:20 AM</td>
<td>FB LIVE (PETER S.)</td>
<td><strong>MORNING STRETCH &amp; MAT PILATES</strong></td>
<td>M2, 7:30-8:20 AM</td>
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<tr>
<td><strong>MEDITATION &amp; BRAEATHWORK</strong></td>
<td>L1, 9:30-10:00 AM</td>
<td>ZOOM (JANELLE)</td>
<td><strong>MEDITATION &amp; BRAEATHWORK</strong></td>
<td>L1, 9:30-10:00 AM</td>
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<tr>
<td><strong>TAI CHI</strong></td>
<td>L1, 11:30 AM-12:15 PM</td>
<td>ZOOM (PETER A.)</td>
<td><strong>TAI CHI</strong></td>
<td>L1, 11:30 AM-12:15 PM</td>
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<tr>
<td><strong>FUNCTIONAL YOGA</strong></td>
<td>L1/2, 12:00-12:35 PM</td>
<td>ZOOM (TIFAFFY)</td>
<td><strong>FUNCTIONAL YOGA</strong></td>
<td>L1/2, 12:00-12:35 PM</td>
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<tr>
<td><strong>TOTAL BODY CHALLENGE</strong></td>
<td>(W/DUMBBELLS)</td>
<td>M2/3, 12:10-12:50 PM</td>
<td>IC LIVE (ROB)</td>
<td><strong>TOTAL BODY CHALLENGE</strong></td>
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<tr>
<td><strong>YOGA</strong></td>
<td>L1/2, 1:00-1:55 PM</td>
<td>ZOOM (STEPHANIE)</td>
<td><strong>YOGA</strong></td>
<td>L1/2, 1:00-1:55 PM</td>
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<tr>
<td><strong>MIDDAY MOVES</strong></td>
<td>L1, 3:00-3:20 PM</td>
<td>FB LIVE (MANDY)</td>
<td><strong>MIDDAY MOVES</strong></td>
<td>L1, 3:00-3:20 PM</td>
</tr>
<tr>
<td><strong>GENTLE YOGA &amp; CREATIVE EXPRESSION</strong></td>
<td>L1, 4:00-5:00 PM</td>
<td>ZOOM (MONA)</td>
<td><strong>GENTLE YOGA &amp; CREATIVE EXPRESSION</strong></td>
<td>L1, 4:00-5:00 PM</td>
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<tr>
<td><strong>NEED PAPER, PENCIL OR MARKERS (NEED PAPER, PENCIL OR MARKERS)</strong></td>
<td>(BODYWEIGHT)</td>
<td></td>
<td><strong>NEED PAPER, PENCIL OR MARKERS</strong></td>
<td>(BODYWEIGHT)</td>
</tr>
<tr>
<td><strong>Boostycamp</strong></td>
<td>(BANDS, DUMBBELLS)</td>
<td>M2/3, 4:00-4:40 PM</td>
<td>FB LIVE (SUSANNE)</td>
<td><strong>Boostycamp</strong></td>
</tr>
<tr>
<td><strong>BOOTY KICKIN BARRE</strong></td>
<td>M2, 5:00-5:50 PM</td>
<td>ZOOM (PAM)</td>
<td><strong>BOOTY KICKIN BARRE</strong></td>
<td>M2, 5:00-5:50 PM</td>
</tr>
<tr>
<td><strong>KICKBOX FITNESS</strong></td>
<td>M2/3, 5:10-5:50 PM</td>
<td>FB LIVE (PETER S.)</td>
<td><strong>KICKBOX FITNESS</strong></td>
<td>M2/3, 5:10-5:50 PM</td>
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<tr>
<td><strong>CARDIOSPORT</strong></td>
<td>L1/2, 6:00-6:40 PM</td>
<td>ZOOM (LAURA S. &amp; DARIELA)</td>
<td><strong>CARDIOSPORT</strong></td>
<td>L1/2, 6:00-6:40 PM</td>
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<tr>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 6:00-6:55 PM</td>
<td>FB LIVE (JANELLE)</td>
<td><strong>CORE YOGA FLOW</strong></td>
<td>L1/2, 6:00-6:55 PM</td>
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<tr>
<td><strong>U-JAM</strong></td>
<td>M2, 7:00-7:40 PM</td>
<td>ZOOM (BRYAN)</td>
<td><strong>U-JAM</strong></td>
<td>M2, 7:00-7:40 PM</td>
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<tr>
<td><strong>BOLLYPOP</strong></td>
<td>M2, 8:00-8:40 PM</td>
<td>ZOOM (MAHDAVII)</td>
<td><strong>BOLLYPOP</strong></td>
<td>M2, 8:00-8:40 PM</td>
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</tbody>
</table>

### Get Started with a Virtual/In-Person Fitness Pass

All Drop-in Fitness & Yoga classes require a Fitness Pass. Unlimited use for one quarter.

- **Cost:** Free for enrolled students
- **$25/quarter for Faculty & Staff**

Get your Fitness Pass at: [secure.recreation.ucla.edu](http://secure.recreation.ucla.edu)

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**Choose Your Workout**

- **Complexity of Choreography**
  - Low
  - Medium
  - High
- **Exercise Intensity**
  - Low
  - Medium
  - High
- **Instagram Live:** [instagram.com/uclarec](https://instagram.com/uclarec)
- **Facebook Live:** [facebook.com/uclarec](https://facebook.com/uclarec)

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**REV: 10/1/20**

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*[UCLAREC](https://recreation.ucla.edu/events)*
**VIRTUAL (LIVE) FITNESS & YOGA WORKOUT DESCRIPTIONS**

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

**ARM BALANCES & INVERSIONS (DATES: 10/25 & 11/8)**
A workshop format class structured to focus on building arm balances + inversions utilizing a variety of movement modalities from yoga and calisthenics.

**BEGINNING ALEXANDER TECHNIQUE**
Learn optimal posture and movement mechanics to help decrease back and neck pain. Un-learn bad habits you’ve formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body’s optimal alignment and movement patterns.

**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.

**BOLLYPOP**
BollyPop is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one’s dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

**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.

**BOOTYCAM**
Bootcamp for the core, hips, and legs!

**BOOTY KICKIN BARRE**
This workout uses your own body weight and a chair, counter, or wall mounted ballet barre to develop long dancer-like muscles. “It’s a kick” for the midline glutes and legs.

**CHAKRA YOGA FLOW WITH CREATIVE EXPRESSION & MEDITATION (DATE: 10/11)**
In depth exploration of the seven major chakras with yoga, sounds, creative expression and meditation.

**CARDIOSPORT**
This class is the most fun you’ll ever have doing cardio! Utilizing athletic-based bodyweight movements, running in place, and agility in a 8’ x 8’ clear area in a continuous, non-stop format, cardiosport is intense but FUN! This unique class provides the feel of a team and simulates an “in the game like” environment where decision based movements are being made constantly. Excellent for cardio and bodyweight conditioning! Optional: Soccer Ball

**CHAIR YOGA**
A gentle yoga flow all done while sitting.

**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).

**FUNCTIONAL YOGA**
This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

**GENTLE YOGA FLOW & CREATIVE EXPRESSION**
Gentle Yoga & Creative Expression has a foundation in meditative Hatha yoga. Expressive drawing, creative movement, and writing facilitate exploration, discovery, healing, and celebration in the sacred space we create together.

**GENTLE YOGA FLOW & MOVING MEDITATIONS**
A blend of yoga poses and rhythmic movement sequences that are gentle on the body and thoroughly mobilize and energize you for the day.

**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!

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

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

**MIXTAPE YOGA & CHILL**
A dynamic flow of mindful movements curated with a soundtrack of today’s hip-hop + R&B and throwbacks that will transform, stretch, and restore your body from the inside-out.

**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.

**PILOTO**
The perfect blend of Mat Pilates and Gyrokinesis.

**RECLAIMING BALANCE (DATE: 12/6)**
Gentle yoga & meditation with a focus on reclaiming our balance in body, mind, & spirit.

**RELEASING THE BACK, NECK & SHOULDERS (DATE: 11/15)**
Whole body/mind experience with a focus on the neck, shoulders, and back to facilitate release, relaxation, and a greater sense of ease.

**RESTORATIVE SELF LOVE YOGA**
Restorative Self Love Yoga is a 30 minute, deep stretch class that is focused solely on YOU! Come refil 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!

**TAI CHI**
The ultimate purpose of tai chi is cultivate the qi or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

**TOTAL BODY CARDIO & CONDITIONING**
Fun full body conditioning and cardio to the rhythm of music.

**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!

**U-JAM**
A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

**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.

**YOGA SCULPT**
Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let’s sweat!

**ZUMBA**
A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more. Zumba Afro emphasizes African styles of dance and music.