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

**FALL 2020 INTERIM SCHEDULE | DECEMBER 14 - 18**

**FREE WINTER QUARTER PREVIEW WEEK FOR ALL UCLA STUDENTS, STAFF, AND FACULTY**

<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 (ELIZABETH) | WARM UP TO WORK  
L1, 7:00-7:15 AM  
FB LIVE (KCI) |
| DANCE CARDIO & CONDITIONING  
M2, 11:10-11:50 AM  
ZOOM (IKU) | MORNING STRETCH & MAT PILATES  
M2, 7:30-8:20 AM  
FB LIVE (PETER S.) | DANCE CARDIO & CONDITIONING  
M2, 11:10-11:50 AM  
ZOOM (IKU) | MORNING STRETCH & MAT PILATES  
M2, 7:30-8:20 AM  
FB LIVE (PETER S.) | DANCE CARDIO & CONDITIONING  
M2, 11:10-11:50 AM  
ZOOM (IKU) |
| CYROKINESIS  
L1, 11:30 AM-12:00 PM  
ZOOM (AMBER) | TAI CHI  
L1, 11:30 AM-12:15 PM  
ZOOM (PETER A.) | CYROKINESIS  
L1, 11:30 AM-12:00 PM  
ZOOM (AMBER) | TAI CHI  
L1, 11:30 AM-12:15 PM  
ZOOM (PETER A.) | PIYO  
M2, 12:10-12:50 PM  
IG LIVE (COURTNEY) |
| HIIT  
M2/3, 12:00-12:35 PM  
IG LIVE (DANNY) | FUNCTIONAL YOGA  
L1/2, 12:00-12:55 PM  
ZOOM (Tiffany) | HIIT  
M2/3, 12:00-12:35 PM  
IG LIVE (ROB) | FUNCTIONAL YOGA  
L1/2, 12:00-12:55 PM  
ZOOM (Tiffany) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (ROB) |
| BOOTY KICKIN BARRE  
M2, 12:05-12:50 PM  
ZOOM (AMBER) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS)  
M2/3, 12:10-12:50 PM  
IG LIVE (ROB) | BOOTY KICKIN BARRE  
M2, 12:05-12:50 PM  
ZOOM (AMBER) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS)  
M2/3, 12:10-12:50 PM  
IG LIVE (CINDY) | ALL CORE  
M2/3, 12:10-12:50 PM  
ZOOM (Mandy) |
| ALL CORE  
M2/3, 12:45-1:00 PM  
IG LIVE (DANNY) | YOGA  
L1/2, 1:00-1:55 PM  
ZOOM (STEPHANIE) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (DANNY) | YOGA  
L1/2, 1:00-1:55 PM  
ZOOM (STEPHANIE) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (CINDY) |
| MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (PETER S.) | ZOOMBA  
M2, 5:00-5:40 PM  
ZOOM (LAURA M.) | MIDDAY MOBILITY  
L1, 3:00-3:20 PM  
FB LIVE (DANNY) | ZOOMBA  
M2, 5:00-5:40 PM  
ZOOM (LAURA M.) | ZOOMBA  
M2, 5:00-5:40 PM  
ZOOM (LAURA M.) |
| ZOOMBA  
M2, 5:00-5:40 PM  
ZOOM (LAURA M.) | ULTIMATE UPPER BODY  
(W/DUMBBELLS) & CARDIO  
L1/2, 5:10-5:50 PM  
FB LIVE (CINDY) | BOOTCAMP  
(W/DUMBBELLS)  
M2, 4:00-4:40 PM  
FB LIVE (Suzanne) | BOOTCAMP WORKOUT  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS OR HOUSEHOLD OBJECTS)  
L2, 5:15-6:15 PM  
ZOOM (LAURA S.) |
| TOTAL BODY CHALLENGE  
(W/DUMBBELLS) & CARDIO  
L1/2, 5:10-5:50 PM  
FB LIVE (CINDY) | BOOYTCAMP  
(BANDS, DUMBBELLS)  
M2/3, 4:00-4:40 PM  
FB LIVE (SUZANNE) | ZOOMBA  
M2, 5:00-5:40 PM  
ZOOM (PAM) | TOTAL BODY CHALLENGE  
(W/DUMBBELLS OR HOUSEHOLD OBJECTS)  
L2, 5:15-6:15 PM  
ZOOM (LAURA S.) | KICKBOX FITNESS  
M2/3, 5:10-5:50 PM  
FB LIVE (PETER S.) |
| KICKBOX FITNESS  
M2/3, 5:10-5:50 PM  
FB LIVE (PETER S.) | BOOYTCAMP  
(BANDS, DUMBBELLS)  
M2/3, 4:00-4:40 PM  
FB LIVE (SUZANNE) | BOOYTCAMP  
(BANDS, DUMBBELLS)  
M2/3, 4:00-4:40 PM  
FB LIVE (SUZANNE) | BOOYTCAMP  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) | BOOYTCAMP  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) |
| MAT PILATES  
M2, 6:00-6:40 PM  
IG LIVE (PAME) | BOOYTCAMP  
(BANDS, DUMBBELLS)  
M2/3, 4:00-4:40 PM  
FB LIVE (SUZANNE) | BOOYTCAMP  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) | BOOYTCAMP  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) | BOOYTCAMP  
(BODYWEIGHT)  
M2/3, 4:00-4:45 PM  
IG LIVE (SUZANNE) |

**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

**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

Get your Fitness Pass at: secure.recreation.ucla.edu
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.

BOOYCAMP
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.

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

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.

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.

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

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.

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 dance cardio to the fun, upbeat rhythms of music. Very similar to dance cardio & conditioning with slightly more emphasis on conditioning.

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.

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.