<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>WARM UP TO WORK L1, 7:00-7:15 AM FB LIVE (CINDY)</td>
<td>WARM UP TO WORK L1, 7:00-7:15 AM FB LIVE (DANNY)</td>
<td>WARM UP TO WORK L1, 7:00-7:15 AM FB LIVE (ROB)</td>
<td>WARM UP TO WORK L1, 7:00-7:15 AM FB LIVE (ELIZABETH)</td>
<td>WARM UP TO WORK L1, 7:00-7:15 AM FB LIVE (ROB)</td>
</tr>
<tr>
<td>CORE YOGA FLOW L1/2, 8:00-8:55 AM ZOOM (TAYLOR)</td>
<td>MORNING STRETCH &amp; MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)</td>
<td>CORE YOGA FLOW L2/3, 12:10-12:50 PM ZOOM (ISABELLE)</td>
<td>MORNING STRETCH &amp; MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)</td>
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<tr>
<td>DANCE CARDIO &amp; CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)</td>
<td>TAI CHI L1, 11:30 AM-12:15 PM ZOOM (PETER A.)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 11:30-12:15 PM ZOOM (IKU)</td>
<td>TAI CHI L1, 11:30-12:15 PM ZOOM (PETER A.)</td>
<td>BEGINNING ALEXANDER TECHNIQUE L1, 1:00-1:00 PM ZOOM (KOSTA)</td>
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<tr>
<td>CYROKINESIS L1, 11:30 AM-12:00 PM ZOOM (AMBER)</td>
<td>FUNCTIONAL YOGA L1/2, 12:00-12:55 PM ZOOM (TIFFANY)</td>
<td>CYROKINESIS L1, 11:30 AM-12:00 PM ZOOM (AMBER)</td>
<td>FUNCTIONAL YOGA L2/3, 12:00-12:55 PM ZOOM (TIFFANY)</td>
<td>MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (ROB)</td>
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<tr>
<td>CORE YOGA FLOW L2/3, 12:05-1:00 PM ZOOM (AMBER)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)</td>
<td>MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (CINDY)</td>
</tr>
<tr>
<td>HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)</td>
<td>HIIT L2/3, 1:00-1:55 PM ZOOM (STEPHANIE)</td>
<td>HIIT M2/3, 12:00-12:35 PM IG LIVE (ROB)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ELIZABETH)</td>
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<tr>
<td>BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)</td>
<td>DANCE CARDIO &amp; CONDITIONING M2, 11:10-11:50 AM ZOOM (AMBER)</td>
<td>BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)</td>
<td>ALL CORE M2/3, 12:45-1:00 PM IG LIVE (KC)</td>
<td>CORE YOGA FLOW L1/2, 7:00-7:15 AM FB LIVE (ROB)</td>
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<tr>
<td>YOGA M2, 4:00-4:55 PM ZOOM (ISABELLE)</td>
<td>YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)</td>
<td>YOGA M2, 4:00-4:55 PM ZOOM (ISABELLE)</td>
<td>MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (KC)</td>
<td>CORE YOGA FLOW L1/2, 7:00-7:15 AM FB LIVE (ELIZABETH)</td>
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<tr>
<td>CORE YOGA FLOW L2/3, 12:05-1:00 PM ZOOM (AMBER)</td>
<td>MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (KC)</td>
<td>MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (KC)</td>
<td>MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (KC)</td>
<td>MIDDAY MOBILITY L1, 7:00-7:40 PM ZOOM (MEGHAN)</td>
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<tr>
<td>ZUMBA M2, 5:00-5:55 PM ZOOM (LAURA M.)</td>
<td>KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (LAURA S.)</td>
<td>KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (LAURA S.)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 10:00-10:40 AM IG LIVE (SUSANNE)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 10:00-10:40 AM IG LIVE (ELIZABETH)</td>
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<tr>
<td>ULTIMATE UPPER BODY &amp; CORE (W/DUMBBELLS) L2/3, 5:10-5:50 PM FB LIVE (CINDY)</td>
<td>MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)</td>
<td>MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)</td>
<td>TOTAL BODY CHALLENGE (W/DUMBBELLS OR HOUSEHOLD OBJECTS) L2/3, 5:15-6:15 PM ZOOM (LAURA S.)</td>
<td>APROBEAT YOGA L1/2, 6:00-7:00 PM FB LIVE (CHIOMA)</td>
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<tr>
<td>PILATES/CYRO FUSION M2, 5:30-6:30 PM ZOOM (AMBER)</td>
<td>U-JAM M2, 7:00-7:40 PM ZOOM (BRYAN)</td>
<td>U-JAM M2, 7:00-7:40 PM ZOOM (BRYAN)</td>
<td>BOLLYPOP M2, 8:00-8:40 PM ZOOM (MADHAVI)</td>
<td>DANCE CARDIO M2, 7:00-7:40 PM ZOOM (MEGHAN)</td>
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<tr>
<td>DANCE CARDIO M2, 7:00-7:40 PM ZOOM (MEGHAN)</td>
<td>MIXTAPE YOGA M2, 5:45-6:45 PM ZOOM (MARCO) NEED BLOCKS, STRAP, BLANKETS</td>
<td>MIXTAPE YOGA M2, 5:45-6:45 PM ZOOM (MARCO) NEED BLOCKS, STRAP, BLANKETS</td>
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**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: 09/14/20

recreation.ucla.edu/events summeR 2020 september 14 - october 4 interim schedule
VIRTUAL FITNESS WORKOUT DESCRIPTIONS*

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

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. This class will focus on beginner fundamentals of Alexander Technique.

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!

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.

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
Gyrokinetics 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!

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.

PILATES/GYRO FUSION
The perfect blend of Mat Pilates and Gyrokinesis.

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.

YOGA FLOW
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.

*Classes vary each quarter