

VIRTUAL GROUP FITNESS

SUMMER 2020
 SEPTEMBER 14 - OCTOBER 4
 INTERIM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
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 (KC)	
CORE YOGA FLOW L1/2, 8:00-8:55 AM ZOOM (TAYLOR)	MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER S.)	CORE YOGA FLOW L1/2, 8:00-8:55 AM ZOOM (TAYLOR)	MORNING STRETCH & MAT PILATES M2, 7:30-8:20 AM FB LIVE (PETER)	DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)	
DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)	TAI CHI L1, 11:30 AM-12:15 PM ZOOM (PETER A.)	DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)	TAI CHI L1, 11:30-12:15 PM ZOOM (PETER A.)	BEGINNING ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)	
CYROKINESIS L1, 11:30 AM-12:00 PM ZOOM (AMBER)	FUNCTIONAL YOGA L1/2, 12:00-12:55 PM ZOOM (TIFFANY)	CYROKINESIS L1, 11:30 AM-12:00 PM ZOOM (AMBER)	FUNCTIONAL YOGA L1/2, 12:00-12:55 PM ZOOM (TIFFANY)	MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (ROB)	
CORE YOGA FLOW L1/2, 12:05-1:00 PM ZOOM (ISABELLE)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (ROB)	CORE YOGA FLOW L2/3, 12:05-1:00 PM ZOOM (ISABELLE)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (MANDY)		
HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (MANDY)	HIIT M2/3, 12:00-12:35 PM IG LIVE (KC)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)		TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS) L2/3, 10:00-10:40 AM IG LIVE (SUZANNE) (SAT.)
BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)	YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)	BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)	YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)		CORE YOGA FLOW L1/2, 10:00-10:55 AM ZOOM (MAYA) (SUN.)
ALL CORE M2/3, 12:45-1:00 PM IG LIVE (DANNY)	MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (KC)	ALL CORE M2/3, 12:45-1:00 PM IG LIVE (KC)	MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (CINDY)		
MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (PETER S.)	HIIT L2/3, 4:00-4:40 PM FB LIVE (LAURA S.)	MIDDAY MOBILITY L1, 2:00-2:20 PM FB LIVE (DANNY)	TOTAL BODY CHALLENGE (W/DUMBBELLS) L2/3, 4:00-4:40 PM IG LIVE (ELIZABETH)		
YOGA SCULPT M2, 4:00-4:55 PM ZOOM (ISABELLE)	BOOTY KICKIN BARRE M2, 5:00-5:40 PM ZOOM (PAM)	CARDIO YOGA SCULPT M2, 4:00-4:55 PM ZOOM (ISABELLE)	CORE YOGA FLOW L1/2, 5:00-5:55 PM IG LIVE (ABBY)		
CORE YOGA FLOW L1/2, 5:00-5:55 PM IG LIVE (ABBY)	KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)	ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)	TOTAL BODY CARDIO & CONDITIONING (W/DUMBBELLS OR HOUSEHOLD OBJECTS) L2/3, 5:15-6:15 PM ZOOM (LAURA S.)		
ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	YOGA L1/2, 5:00-5:55 PM IG LIVE (MARCO)	AFROBEAT YOGA L1/2, 6:00-7:00 PM FB LIVE (CHIOMA)		
ULTIMATE UPPER BODY & CORE (W/DUMBBELLS) L2/3, 5:10-5:50 PM FB LIVE (CINDY)	U-JAM M2, 7:00-7:40 PM ZOOM (BRYAN)	BOLLYPOP M2, 8:00-8:40 PM ZOOM (MADHAVI)	DANCE CARDIO M2, 7:00-7:40 PM ZOOM (MEGHAN)		
PILATES/GYRO FUSION M2, 5:30-6:30 PM ZOOM (AMBER)					
MIXTAPE YOGA H2/3, 5:45-6:45 PM ZOOM (MARCO) NEED BLOCKS, STRAP, BLANKETS					
DANCE CARDIO M2, 7:00-7:40 PM ZOOM (MEGHAN)					

Choose Your Workout

Complexity of Choreography
 L Low M Medium H High

Exercise Intensity
 1 Low 2 Medium 3 High

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• • 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

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!

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!

ZOOMBA

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.