## Yoga

### SUMMER C 2018

**AUGUST 8 - SEPTEMBER 16**

**NO CLASSES 9/1- 9/3**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Sunday</th>
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</thead>
</table>
| YOGA SCULPT, L2/3  
4:00-5:00PM  
PYRAMID RM, JWC  
(ISABELLE) | YOGA SCULPT, L1  
8:15-9:15AM  
DYNASTY RM, JWC  
(ANIA) | YOGA SCULPT, L2/3  
4:00-5:00PM  
PYRAMID RM, JWC  
(ISABELLE) | YOGA SCULPT, L1  
8:15-9:15AM  
DYNASTY RM, JWC  
(ANIA) | MIX TAPE YOGA & CHILL,  
L1/2  
4:00-5:30PM  
DYNASTY RM, JWC  
(MARCO) | ARM BALANCES & INVERSIONS, M2/3  
4:00-6:00PM  
DYNASTY RM, JWC  
(MARCO) |
| BEGINNER FUNDAMENTALS, L1  
4:00-5:00PM  
DYNASTY RM, JWC  
(MARCO) | CORE YOGA FLOW L2/3  
4:30-5:45PM  
DYNASTY RM, JWC  
(ANIA) | YOGA FLOW, L1/2  
5:30-6:40PM  
DYNASTY RM, JWC  
(DARRIAN) | CORE YOGA FLOW L2/3  
4:30-5:45PM  
DYNASTY RM, JWC  
(ANIA) | MIX TAPE YOGA & CHILL,  
L2/3  
6:00-7:30PM  
DYNASTY RM, JWC  
(MARCO) |
| MIX TAPE YOGA & CHILL,  
L1/2  
5:00-6:30PM  
DYNASTY RM, JWC  
(MARCO) | CORE YOGA FLOW L1/2  
6:00-7:10PM  
DYNASTY RM, JWC  
(SOPHIA) | DE-STRESS: YOGA & MINDFUL MEDITATION,  
L1  
6:45-8:00PM  
DYNASTY RM, JWC  
(ISABELLE) | CORE YOGA FLOW L1/2  
6:10-7:20PM  
DYNASTY RM, JWC  
(JACKELYN) |
| CORE YOGA FLOW L1/2  
6:35-7:35PM  
DYNASTY RM, JWC  
(ISABELLE) |

### Unlimited access to all Yoga classes at the John Wooden Center and Sunset Canyon Recreation. Only $45 per quarter.

**Get Started with a Yoga Pass**

All you can yoga. Unlimited access to all classes

Cost: $45/quarter

Get your Yoga Pass: 1st floor, John Wooden Center, Sales & Service.

Check [www.recreation.ucla.edu/yoga](http://www.recreation.ucla.edu/yoga) for workout descriptions and updates.

All classes are on a space-available basis. Participants must be present for warm-up. **No late entry**. No auditing.

Wear athletic clothing, no shoes required.

**Bring your own yoga mat.**

**Locations:**
- JWC: John Wooden Center
- SCRC: Sunset Canyon Recreation Center

[www.recreation.ucla.edu/yoga](http://www.recreation.ucla.edu/yoga)