

VIRTUAL (LIVE) DROP-IN FITNESS & YOGA

WINTER 2021 | JANUARY 4 - MARCH 14 | NO CLASSES 1/16 - 1/18 AND 2/13 - 2/15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 L2, 8:00-8:55 AM ZOOM (TAYLOR)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-7:55 AM ZOOM (KATHY)	CORE YOGA FLOW L2, 8:00-8:55 AM IG LIVE (ABBY)	GENTLE YOGA & MOVING MEDITATIONS L1/2, 7:00-7:55 AM ZOOM (KATHY)	CHAKRA YOGA FLOW & MEDITATION M2, 10:00-11:00 AM ZOOM (MONA)
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.)	CORE YOGA FLOW L2, 8:00-8:55 AM ZOOM (TAYLOR)	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)
GYROKINESIS L1, 11:30 AM-12:00 PM ZOOM (AMBER)	MEDITATION & BREATHWORK L1, 9:30-10:00 AM ZOOM (JANELLE)	DANCE CARDIO & CONDITIONING M2, 11:10-11:50 AM ZOOM (IKU)	MEDITATION & BREATHWORK L1, 9:30-10:00 AM ZOOM (JANELLE)	HIIT M2/3, 12:10-12:50 PM FB LIVE (LAURA)
CORE YOGA FLOW L1/2, 12:00-12:55 PM ZOOM (ISABELLE)	TAI CHI L1, 11:30 AM-12:15 PM ZOOM (PETER A.)	GYROKINESIS L1, 11:30 AM-12:00 PM ZOOM (AMBER)	TAI CHI L1, 11:30 AM-12:15 PM ZOOM (PETER A.)	INTRO TO ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)
HIIT M2/3, 12:00-12:35 PM IG LIVE (DANNY)	FUNCTIONAL YOGA L1/2, 12:00-12:55 PM ZOOM (TIFFANY)	CORE YOGA FLOW L2/3, 12:00-12:55 PM ZOOM (ISABELLE)	FUNCTIONAL YOGA L1/2, 12:00-12:55 PM ZOOM (TIFFANY)	PIYO M2, 12:10-12:50 PM IG LIVE (COURTNEY)
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)	HIIT M2/3, 12:00-12:35 PM IG LIVE (ROB)	TOTAL BODY CHALLENGE (W/DUMBBELLS) M2/3, 12:10-12:50 PM IG LIVE (CINDY)	LAUGHTER YOGA L1, 1:00-1:30 PM ZOOM (COURTNEY)
ALL CORE M2/3, 12:45-1:00 PM IG LIVE (DANNY)	DANCE CARDIO M2, 12:10-12:50 PM ZOOM (MEGHAN)	BOOTY KICKIN BARRE M2, 12:05-12:50 PM ZOOM (AMBER)	DANCE CARDIO M2, 12:10-12:50 PM ZOOM (MANDY)	MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (ROB)
DANCE CARDIO & CONDITIONING M2, 12:15-12:45 PM FB LIVE (MANDY)	YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)	ALL CORE M2/3, 12:45-1:00 PM IG LIVE (ROB)	YOGA L1/2, 1:00-1:55 PM ZOOM (STEPHANIE)	TBC - 20 MINUTE EMOM (BANDS, DUMBBELLS) M2/3, 4:00-4:40 PM IG LIVE (SUZANNE)
MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (PETER S.)	MIDDAY MOVEMENT ENERGIZER L1, 3:00-3:20 PM FB LIVE (MANDY)	LOW IMPACT CARDIO L1, 1:00-1:30 PM IG LIVE (CINDY)	MIDDAY MOBILITY L1, 3:00-3:20 PM FB LIVE (CINDY)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM FB LIVE (ISABELLE)
CHAIR YOGA L1, 3:10-3:50 PM ZOOM (MARCO)	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:00 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)	MIDDAY MOBILITY (TENNIS OR LACROSSE BALL) L1, 3:00-3:20 PM FB LIVE (DANNY)	AGILITY & CONDITIONING @ HOME H2/3, 3:00-3:40 PM IG LIVE (ELIZABETH)	SATURDAY/SUNDAY
YOGA SCULPT M2, 4:00-4:55 PM ZOOM (ISABELLE)	BOOTYKAMP (BANDS, DUMBBELLS) M2/3, 4:00-4:40 PM FB LIVE (SUZANNE)	CARDIO YOGA SCULPT L2, 4:00-4:55 PM ZOOM (ISABELLE)	BOOTCAMP WORKOUT (BODYWEIGHT) M2/3, 4:00-4:45 PM IG LIVE (SUZANNE)	TOTAL BODY CHALLENGE (W/HOUSEHOLD OBJECTS) L2/3, 10:00-10:40 AM IG LIVE (SUZANNE) (SAT.)
ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)	BOOTYKICKIN BARRE M2, 5:00-5:40 PM ZOOM (PAM)	TOTAL BODY CHALLENGE (W/DUMBBELLS) L2, 4:00-4:40 PM IG LIVE (ELIZABETH)	BOOTY KICKIN BARRE M2, 5:00-5:40 PM ZOOM (PAM)	CORE YOGA FLOW L1/2, 11:00-11:55 AM ZOOM (JAMIE) (SAT.)
ULTIMATE UPPER BODY (W/DUMBBELLS) & CARDIO L1/2, 5:10-5:50 PM IG LIVE (CINDY)	KICKBOX FITNESS M2/3, 5:10-5:50 PM FB LIVE (PETER S.)	ZOOMBA M2, 5:00-5:40 PM ZOOM (LAURA M.)	KICKBOX FITNESS M2/3, 5:00-5:40 PM FB LIVE (ROB)	CORE YOGA FLOW L1/2, 10:00-11:15 AM ZOOM (MAYA) (SUN.)
PILATES/GYRO FUSION M2, 5:30-6:30 PM ZOOM (AMBER)	TOTAL BODY CARDIO & CONDITIONING (W/DUMBBELLS OR HOUSEHOLD OBJECTS) L2/3, 5:15-6:15 PM ZOOM (LAURA S.)	YOGA L1/2, 5:00-5:55 PM IG LIVE (MARCO)	GUTS, BUTTS & THIGHS M3, 5:10-5:50 PM ZOOM (LAURA S.)	CORE DE FORCE M2/3, 4:00-4:45 PM FB LIVE (COURTNEY) (SUN.)
MIXTAPE YOGA & CHILL M2/3, 5:45-6:45 PM ZOOM (MARCO)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	CARDIOSPORT M2/3, 6:00-6:40 PM ZOOM (DARIELA & LAURA S.)	MAT PILATES M2, 6:00-6:40 PM IG LIVE (PAM)	YOGA WORKSHOP SERIES
CARDIOSPORT M2/3, 6:00-6:40 PM ZOOM (RACHEL & LAURA S.)	CORE YOGA FLOW L1/2, 6:00-7:15 PM ZOOM (JANELLE)	RESTORATIVE YOGA & MEDITATION L1, 6:00-7:00 PM ZOOM (MONA)	AFROBEAT YOGA L1/2, 6:00-7:00 PM ZOOM (CHIOMA)	CHAKRA YOGA FLOW & EXPRESSIVE ARTS DATE: 1/10 (SUN.), 4:00-5:30 PM ZOOM
BBTC - BOOTY, BACK, THIGHS & CORE (BANDS, DUMBBELLS) L2/3, 6:40-7:40 PM FB LIVE (ELISA)	U-JAM M2, 7:00-7:40 PM ZOOM (BRYAN)	BOOM! BOXING M2/3, 6:40-7:20 PM IG LIVE (ELISA)	ULTIMATE UPPER BODY & CORE (W/DUMBBELLS) L1/2, 6:00-6:50 PM ZOOM (DARIELA)	ARM BALANCES & INVERSIONS DATE: 1/24 (SUN.), 4:00-5:30 PM ZOOM
DANCE CARDIO M2, 7:10-7:50 PM ZOOM (MEGHAN)	CORE YOGA FLOW L1/2, 7:00-7:55 PM ZOOM (REBECCA)	CARDIO HIP HOP M2, 7:10-7:50 PM ZOOM (LAYLEE)	DANCE CARDIO M2, 7:10-7:50 PM ZOOM (MEGHAN)	RELAXING THE BACK, NECK & SHOULDERS DATE: 2/7 (SUN.), 4:00-5:30 PM ZOOM
BOLLYPOP M2, 8:00-8:40 PM ZOOM (MADHAVI)		BOLLYPOP M2, 8:00-8:40 PM ZOOM (MADHAVI)		ARM BALANCES & INVERSIONS DATE: 2/28 (SUN.), 4:00-5:30 PM ZOOM
				RECLAIMING BALANCE WITH GENTLE YOGA & MEDITATION DATE: 3/7 (SUN.), 4:00-5:30 PM ZOOM



• • VIRTUAL (LIVE) FITNESS & YOGA WORKOUT DESCRIPTIONS*

AFROBEAT YOGA

AfroBeat Yoga focuses sacral chakra movement set to AfroBeat music to help nurture a sense of groundedness and play. During each yoga class students arrive to a state of comfort and ease with a combination of yummy long-held stretches & a strong Vinyasa practice focused on alignment and generating heat from the core. Ends with sivasana and a facilitated embodiment meditation for stress management.

AGILITY & CONDITIONING @ HOME

It can be done! All it takes is 8'x8' clear area and some masking tape. Move, change directions, master challenging footwork patterns. Get your heart, brain, and athleticism pumping!

ALL CORE

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

BBTC - BOOTY, BACK, THIGHS & CORE

What do you get when you add some back to GBT (Guts, Butts, & Thighs)? BBTC! It's a low impact but challenging class that pre-fatigues important and generally weak muscles and then finishes with more complex movements for an effective workout for the back and lower body!

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 & BRAIN workout.

BOOTCAMP

Bootcamp for the core, hips, and legs!

BOOTY KICKIN BARRE

Learn Ballet technique and dance conditioning movements through this workout using your own body weight plus a chair, counter, or wall mounted ballet barre to develop long dancer-like muscles. "It's a kick" for the midline glutes and legs.

CARDIO HIP HOP

A hip-hop dance-fitness class to get your heart-rate going and your body flowing. Dance along to great hip-hop music while learning easy-to-follow hip-hop choreography.

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, cardio sport 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

CHAKRA YOGA FLOW & MEDITATION

Involves Hatha yoga journeying through the seven major energy centers as a map to facilitate balance, groundedness, and inspiration along with a deeper sense of wholeness.

CHAIR YOGA

A gentle yoga flow all done while sitting.

CORE DE FORCE

A mixed-martial arts inspired workout that focuses on core conditioning and dynamic movements. Modifications for every movement are provided making it suitable for various levels of ability and intensity. No equipment needed.

CORE YOGA FLOW

A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DANCE CARDIO

A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

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.

INTRO TO 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.

KICKBOX FITNESS

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

LAUGHTER YOGA

Laughter Yoga is combination of deep breathing exercises from yoga and laughter exercises, which oxygenates our body and brain, makes us feel more healthy and energetic. No traditional yoga poses, just laughter and breath.

LOW IMPACT CARDIO

Perfect for the beginner exerciser or for those looking for a low impact cardio workout that gets your heart pumping.

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!

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.

PILATES/GYRO FUSION

The perfect blend of Mat Pilates and Gyrokinesis.

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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!

TBC - 20 MINUTE EMOM

It's TBC in an EMOM - every minute on the minute - format. Exercises chosen to give you a total body workout and done every minute on the minute for 20 minutes for a challenging, moderate to high intensity workout.

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 & 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!

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 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 incorporating a variety of dance styles, movements and music from around the world. Enjoy getting a cardiovascular endurance workout while having fun just dancing it out!

YOGA WORKSHOP SERIES:

CHAKRA YOGA FLOW AND EXPRESSIVE ARTS

(DATE: 1/10)

Exploring the energy centers in the subtle body with gentle yoga, expressive movement, creative drawing, and spontaneous writing to facilitate a deeper sense of balance and well being. Please bring paper, pen or pencil, pastels or crayons.

ARM BALANCES & INVERSIONS

(DATES: 1/24 & 2/28)

A workshop format class structured to focus on building arm balances + inversions utilizing a variety of movement modalities from yoga and calisthenics.

RELAXING THE BACK, NECK & SHOULDERS

(DATE: 2/7)

Finding integration with the back, neck, & shoulders with conscious breathing, deep stretching, and focused strengthening.

RECLAIMING BALANCE WITH GENTLE YOGA & MEDITATION (DATE: 3/7)

Bask in slow movement and breath to reconnect with a deeper sense of wholeness and joy.

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:

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Facebook Live:

[facebook.com/uclarec](https://www.facebook.com/uclarec)

