

# Fit Zone Classes

Free for UCLA Faculty & Staff

## WORK WEEK GROUP FITNESS CLASSES

### FALL 2016

SEPT 26th-DEC 16th

**NO CLASSES: 11/11, 11/24-11/27**

**Also no classes after 2pm on 11/23**

Cancellations and location changes are subject to change weekly. Please check for updates:  
[www.recreation.ucla.edu/fitzones](http://www.recreation.ucla.edu/fitzones)

**QUARTERLY WAIVER REQUIRED!**

**CLICK HERE TO SIGN ELECTRONICALLY**

**CHECK FOR UPDATES/CANCELLATIONS**

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>MEDITATION</b> 12:10-12:50pm Bottom of Janss Steps 1:30-2:30pm Wilshire Center Suite 130</p> <p><b>TOTAL BODY WORKOUT</b> 2:30-3:30pm Wilshire Center Suite 130 4:00-5:00pm Wilshire Center Suite 130</p> <p><b>WET WORKOUT</b> 12:00-1:00pm Family Pool, SCRC</p> <p><b>YOGA FOR BEGINNERS</b> 11am-12pm Wilshire Center Ste 130</p> <p><b>YOGA BEG/INTERMEDIATE</b> 12:10-1:10pm Wilshire Center Ste 130 12:00-1:00pm Perloff Hall Rm. 1302 12:00-12:55pm Kaufman Rm. 250</p> <p><b>ZUMBA/DANCE IT OUT</b> 12:10-12:50pm CHS 8th Floor Patio 5:15-6:15pm Wilshire Center Ste. 130</p> <p><b>CLICK HERE TO ENROLL: ALEXANDER TECHNIQUE 10 WEEK PROGRAM FOR BACK HEALTH</b></p> <p><b>INTRO CLASSES (9/27-12/15)</b> Tuesdays, 12:05-12:55pm Perloff 1302 Thursdays, 1:05-1:55pm Perloff 1302</p> <p><b>ADVANCED CLASSES (9/27-12/15)</b> Tuesdays, 1:05-1:55pm Perloff 1302 Thursdays, 12:05-12:55pm Perloff 1302</p> <p><b>MARC</b> Yoga and Tai Chi classes also available for Health Systems Employees only at the Mindful Awareness Research Center Semel Institute 6th Floor C-Space Class Schedule Available at <a href="http://www.marc.ucla.edu">www.marc.ucla.edu</a></p>	<p><b>BACK HEALTH/ALEXANDER TECH DROP-IN</b> 12:05-12:55pm Perloff Hall 1302</p> <p><b>HULA HOOP</b> 11:45am-12:15pm Bottom of Janss Steps</p> <p><b>TOTAL BODY WORKOUT</b> 12:15-12:55pm Bottom of Janss Steps 11:30-12:25pm Wilshire Center Ste. 130 3:30-4:30pm LAB Elementary School</p> <p><b>TAI CHI AND QI GONG</b> 12:35-1:05pm Dickson Court South</p> <p><b>AQUA KICKBOXING</b> 12:00-1:00pm North Pool (Kaufman)</p> <p><b>YOGA BEG/INT</b> 10:50-11:50am CNSI 5th FL Pres Room 12:00-1:00pm Boelter Hall 8500 12:00-1:00pm Mol Sci Rm 3440</p> <p><b>ZUMBA /DANCE IT OUT</b> 12:10-12:50pm Kaufman RM 230</p> <p><b>ZUMBA &amp; CONDITIONING</b> 12:30-1:25pm Wilshire Center Ste 130</p> <p><b>FIT SPORTS LISTED AT: <a href="http://www.recreation.ucla.edu/imsports">www.recreation.ucla.edu/imsports</a></b>  Basketball, M/W/F, 12-1pm SAC Gym Soccer, Tu/Th/Fr, 12-1pm NAF</p> <p><b>CLASS INFORMATION</b>  Please wear comfortable clothes that allow for free movement and silence all phones. Try to be on time for class, but coming late and leaving early are permissible to accommodate your work schedules. Upon arrival, please show Bruin ID and sign-in. Outdoor classes do not meet in rainy weather. All classes subject to change without notice.</p>	<p><b>LAUGH YOUR ABS OFF!</b> 2:15-2:30pm Wilshire Center Ste. 130</p> <p><b>PIYO</b> 1:15-2:10pm Wilshire Center Ste. 130</p> <p><b>TOTAL BODY WORKOUT</b> 5:15-6:15pm Wilshire Center Ste 130</p> <p><b>WET WORKOUT</b> 12:00-1:00pm Family Pool, SCRC</p> <p><b>YOGA INTERMEDIATE</b> 11am-12pm Wilshire Center Ste. 130 12:10-1:10pm Wilshire Center Ste. 130 12:00-1:00pm Perloff Hall Rm1302 12:00-12:55pm Kaufman Rm 250</p> <p><b>ZUMBA/DANCE IT OUT</b> 12:10-12:50pm CHS 8th Floor Patio</p>	<p><b>BACK HEALTH/ALEXANDER TECH DROP-IN</b> 1:05-1:55pm Perloff Hall Rm. 1302 3:00-4:00pm Wilshire Center Ste 130</p> <p><b>HULA HOOP</b> 11:45am-12:15pm Bottom of Janss Steps</p> <p><b>TOTAL BODY WORKOUT</b> 12:15-12:55pm Bottom of Janss Steps 12:30-1:25pm Wilshire Center Ste. 130 1:30-2:25pm Wilshire Center Ste. 130</p> <p><b>TAI CHI AND QI GONG</b> 12:00-1:00pm Le Conte Ave/Westwood</p> <p><b>AQUA KICKBOXING</b> 12:00-1:00pm North Pool (Kaufman)</p> <p><b>YOGA BEG/INT.</b> 10:50-11:50am CNSI 5thFL Pres Room 12:00-1:00pm Boelter Hall 8500 12:00-1:00pm Mol Sci Rm 3440 3:30-4:30pm LAB Elementary School</p> <p><b>ZUMBA &amp; CONDITIONING</b> 11:30-12:25pm Wilshire Center Ste 130</p> <p><b>ZUMBA /DANCE IT OUT</b> 12:10-12:50pm Kaufman RM 230</p>	<p><b>YOGA BEG/INT.</b> 12:00-1:00pm Wilshire Center Ste 130 12:00-12:55pm Kaufman Rm 250 12:00-12:45pm Ashe Center 4th Fl Conf 1:00-1:45pm Ashe center 4th Fl Conf</p> <p><b>PRE/POST NATAL YOGA</b> 1:05-2:05pm JWC (Dynasty RM)* <i>*Need doctor note to participate</i></p> <p><b>TOTAL BODY WORKOUT</b> 1:30-2:25pm Wilshire Center Ste. 130</p> <p><b>WET WORKOUT</b> 12:00-1:00pm Family Pool, SCRC</p> <p><b>ZUMBA/ DANCE IT OUT</b> 12:10-12:50pm CHS 8th Floor Patio</p>

