



Pac-10 Fitness Challenge
Be Active, Be Champions! Register at
www.recreation.ucla.edu/pac10challenge
and log your activity Oct. 27-31.



Faculty and Staff

GUIDE TO WELLNESS

Fall 2008

FIT Zone Workouts

These lunchtime and early morning workouts are located close to where you work and are FREE for all UCLA Staff & Faculty. Sign-up, drop-in, and get active! These are the perfect movement systems to manage stress; increase mental clarity and productivity; increase fitness and health; feel BETTER!

All classes run 9/29-12/19 unless otherwise noted. You can sign-up and start to attend at any time. Sign-up at class unless otherwise noted. Once you sign-up, just drop-in - first come, first serve. No classes on 11/11, 11/27, and 11/28. Outdoor classes will not meet in the rain.

Tai Chi & Qi Gong

A series of ancient gentle movements designed to increase strength and mobility and subtle breath & energy work designed to increase health and vitality. Most of the class is done standing. Wear comfortable clothing and flat shoes. Some classes are outdoors; so come dressed for the elements. Cell phones must be on silent or off. No late entry.

Level All

- Tu, 12:30-1:30 pm
Bridge over Strathmore
Between Lot 6 & 8
- W, 12:00-1:00 pm
Top of Drake Stadium
- W, 1:30-2:15 pm
Quad Between Capital Programs and Fit
Center South near Lot 32 and Fire Station
- Th, 12:00-1:00 pm
Corner of Le Conte and Westwood
- F, 12:15-1:15 pm
Wilshire Building, Rm 225 *

Total Body Strength

A resistance class designed to increase your total body strength. Class will challenge all major muscle groups and particularly emphasize those muscles helpful in maintaining good posture. It's the answer to your "day spent at a desk." Equipment provided. Wear athletic shoes and comfortable clothes that allow for freedom of movement. Cell phones must be on silent or off. No late entry.

Level Beg/Int

- Tu 3-4pm
FITPark, outdoors near Courts 9 & 10
Sunset Canyon Tennis Center
- M W, 12:05-12:55 pm
UNEX Building, Rm 423
- M W, 1:05-1:55 pm
UNEX Building, Rm 423
- W, 12-1pm
Broad Arts Center, Rm 5261
(5 floor, right of the elevator)

We're looking for more FIT Zones...

If you know of a space that we could hold a FITWELL Workout, please contact us at x66130 or fitwell@recreation.ucla.edu.

Yoga

A series of ancient movements and postures done with an emphasis on breath designed to increase strength, flexibility, and vitality. Movements transition from floor to standing. Wear comfortable clothing. No shoes. Bring your own yoga mat. Cell phones must be on silent or off. No late entry. *Gental yoga* is most appropriate for those with injuries and/or physical limitations. *Pre/Post Natal*: See description to the right.

- M W, 7-7:50 am, UNEX Bldg, Rm 423
Gental Yoga
- M W, 12-1 pm, Wilshire Bldg, Rm 225*
Level 1/2
- Tu, 12-1 pm, Sunset Canyon Rec Ctr, Vista
Rm, Level 1/2
- Tu Th, 12:05-12:55 pm, UNEX Bldg, Rm
423, Level 1/2
- Tu Th, 1:05-2:55 pm, UNEX Bldg, Rm 423,
Level 1/2
- Th, 12-1pm, Sproul Hall Lecture Rm,
Gental Yoga
- F, 12-1 pm, John Wooden Ctr, Dynasty Rm,
Pre & Post Natal Yoga

ABDC "America's Best Dance Class"

Live the phenomenon. Just dance. Move. It's the perfect mid-day cardio pick-me-up! Easy to follow choreography with high levels of fun! Wear comfortable clothing and athletic shoes with non-marking soles.

- Tuesdays, 12-1pm, Bradley Center Dance
Room

* Wilshire Center Classes

Sign up at <http://skillnet.chr.ucla.edu>: CLICK on display courses in the upper left corner. SCROLL to Tai Chi/Qi Gong or Yoga and click again. FOLLOW enrollment instructions.

For all other classes, sign up at the class. Classes are on a first come, first serve basis. Instruction is not progressive but regular participation is encouraged for maximal benefit. Cell phones are discouraged, but if absolutely necessary, please use silent mode. Check www.recreation.ucla.edu/fitzones for the latest schedule and information.

FITPark

This new and innovative outdoor fitness equipment is now open and ready for use! It's your outdoor gym—a gym away from the gym!

Located at Sunset Canyon Tennis Center by courts 9 & 10.

FITPark, Equipment Orientation

Join us for the following orientations to this equipment. Learn safe, effective, and quick routines that you can do on your own on a break from work. Sign up by emailing kchicca@recreation.ucla.edu. See Total Body Strength class at left for ongoing instructor-led workouts at the FITPark.

- Thursday, 10/2, 7:30-8:30am
- Thursday, 10/9, 12-1pm
- Tuesday, 10/14, 5-6pm
- Wednesday, 10/22, 7:30-8:30am
- Wednesday, 11/5, 4-5pm
- Thursday, 11/13, 5:15-6:15pm
- Wednesday, 11/19, 12-1pm

Fall's Featured Class

Pre/Post Natal Yoga

This class will help you to build strength and increase flexibility with a thorough and balanced asana series targeted at the areas of the body most affected by pregnancy and birth. The emphasis on breath will help to relax your body and mind and connect with your baby in a safe and supportive environment. Feel inspired and connected to other women experiencing pregnancy and birth. Pre/Post Natal Yoga is appropriate for those mothers and mothers-to-be who have been cleared to exercise. Perfect for any stage of pregnancy and up to 1 year after giving birth.

For more info and to sign-up, email Kelly Chica at kchicca@recreation.ucla.edu. Please Note: A doctor's note is required to attend class. Bring this note with you to your first class. Bring your own yoga mat. Wear comfortable clothes. No shoes. No late entry. Cell phones must be off or silent.

Fridays, 12-1pm, 9/26-12/19, Dynasty
Room, John Wooden Center

FIT Sports

Use drop-in sports to get active and enjoy the camaraderie of your colleagues with FREE Lunch Time Leagues. Drop-in for a game or form a department team! It's easy... just show up at the gym and field with your UCLA ID!

Basketball

M W, 10/1-12/10
12:00 pm-1:00 pm
Student Activities Center
(No games 11/26)

Basketball- Women

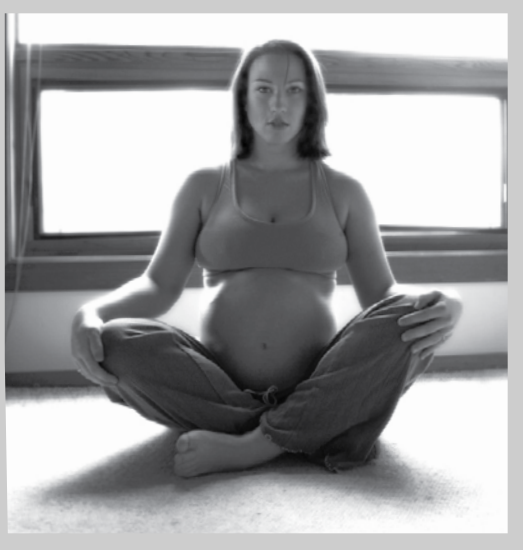
Tu, 9/30-12/11
6:00-7:00 pm
Student Activities Center
(No games 11/11, 11/27)

Soccer

Tu Th, 9/30-12/11
12:00-1:00 pm
North Athletic Field
(No games 11/11, 11/27)

Racquetball

M-F
John Wooden Center
(Advance registration required)



mini-FIT Pass

Enjoy a selection of our group exercise classes offered to UCLA Recreation Members only at the John Wooden Center WITHOUT a membership. \$25 for one quarter. Purchase a Mini-Fit Pass at the John Wooden Center Sales & Cashiering Office.

40 Min. Express Workout

M W, 12:10-12:50pm, 9/29-12/17
Meet at the FitWell Desk, JWC

The Stadium Workout

T Th, 12:10-12:50pm, 9/30-12/18
Drake Track Stadium

Spin

Th, 9/25-12/11,
Room 2314, JWC

Stretching for Non- Gumbies

T, 8-8:40pm, 9/30-12/9
Pyramid Room, JWC

Additional FITWELL Programs

- Pilates, Personal Fitness Training and Chair Massage! Call (310) 206-6130 today for rates and to make an appointment.
- Learn more about FITWELL Edu, mobile fitness education programs brought to you by the FIT Squad at your department work site. Call FITWELL Promotions at (310) 825-1226 to have a brochure mailed to your department.

iWorkout now uses the **UCLA Logon ID. The UCLA Logon ID is your campus online identifier used for many campus online services. The UCLA Logon ID is FREE and can be obtained by any UCLA Faculty or Staff.

If you do not have a UCLA Logon, or have forgotten what it is, you may set up a new one, or reset an existing one at: <https://logon.ucla.edu>. A valid UCLA ID number is required.

iWorkout

Be a part of one of the largest and most dynamic fitness communities in Los Angeles! Get connected at your desk or at home online. Gain access to the latest and most beneficial fitness and wellness information. Take advantage of our online exercise instruction podcast library. Enter your workout details. Track your progress. Receive incentive prizes for milestones achieved. Sign up online at www.recreation.ucla.edu/iworkout. ** Come to the Fitwell Desk at the John Wooden Center to pick up your iworkout start-up kit.

Receive great incentive PRIZES for participating!

BruinWalkers

- Cardiovascular information
- FREE Pedometer
- Weekly Walks
See www.recreation.ucla.edu/weeklywalks to sign-up. See back page for walking schedules.
- Special Events

BruinStrength

- Resistance Training Info
- FREE Resistance Tube
- Online exercise videos/podcasts
- Workout/Exercise Log
- Special Events

BruinStretch - NEW!

- Flexibility Information
- FREE Stretch Towel
- Online stretching videos/podcasts
- Stretching Log
- Access to Yoga classes and special events

BruinNutrition - Launching Nov. 7!

- Nutrition Information
- FREE Food Journal



UCLA Employees asked for more walking, and UCLA Recreation delivered! iWalk UCLA Weekly Walks were introduced last quarter and have been gaining more walkers each week. Log on to www.recreation.ucla.edu/weeklywalks and join a weekly walk!

M 12-1pm, Dickson Court North adjacent to Perloff Hall

W 12-1pm, CHS Plaza-Tiverton side by the Roundabout

Tu 12-1 pm, Entrance to Drake Stadium

Th 12-1pm, Entrance to Drake Stadium

11:30am-12:30pm, Westwood Blvd & entrance of Reagan Center

12-1pm, Entrance to CHS corner of Charles E. Young and Westwood

Interested in being a Walking Leader? E-mail Ashley Smith at asmith@recreation.ucla.edu.



UCLA Faculty and Staff

Earn \$75 towards UCLA Recreation Services

- Take your **2008 Health Assessment** powered by StayWell at <https://uclivingwell.online.staywell.com>
- Upon confirmation you will be directed to the Hallmark Insights website to choose your \$75 Gift Certificate
- Select **UC Rec Sports** from the Sports category
- Redeem your gift certificate at UCLA Recreation and be automatically entered into a drawing for a **FREE GIFT!**

Note: Available to UCLA Faculty/Staff who are eligible for StayWell. In compliance with regulations, the \$75 Gift Certificate is not valid toward purchase of UCLA Recreation membership, Summer Camps or recreation parking. No cash value is returned for unused portion of the certificate. The \$75 Gift Certificates are issued by Hallmark Insights in coordination with StayWell Health Management and not by UCLA Recreation.

UCLA Recreation

UCLA Recreation Memberships

UCLA Recreation memberships offer:

- ▶ Access to great facilities
- ▶ Discounts on fitness, instructional classes, and family programs

NEW Low-Cost Options for Non-Members

- ▶ Personal Training/Pilates at non-member campus rate
- ▶ Extended low cost Chair Massage hours and locations
- ▶ Mini-FIT Pass for select group exercise classes
- ▶ Workout at recreation facilities for just \$10/day

For updates, log on to www.recreation.ucla.edu/fitwell.



UCLA Recreation Member Special for Personal Fitness Training: \$49/hour

Other Specials Also Available!

To get started, call (310) 206-1907 for Fit Center South or (310) 206-6130 for JWC, visit the FITWELL Desk, or log on to www.recreation.ucla.edu.

UCLA Recreation

30 DAY FREE MEMBERSHIP

Take advantage of this FREE 30 day membership and explore the endless health benefits UCLA Recreation has to offer.

To redeem, bring coupon to the John Wooden Center, 2nd floor Membership Services desk. Offer is nontransferable and is valid only for UCLA faculty and staff. May not be combined with any other offer. Good for New Members only. *Must be redeemed before September 30, 2008.*

www.recreation.ucla.edu