

UCLA REC PROGRAMS

FOR UCLA GRADUATE AND PROFESSIONAL STUDENTS

Kinross Recreation Center (**KREC**) is a fitness facility located at 11100 Kinross Avenue in Westwood Village exclusively for UCLA graduate and professional students, faculty and staff. Amenities include: cardio and strength equipment, outdoor fitness area, fitness studio, day use and rental lockers, convenient parking, personal fitness trainers, and registered dietitians.

Follow KREC on Instagram



REGISTER AT
recreation.ucla.edu/register

Other Recreation Facilities:

John Wooden Center, Drake Stadium Track & IM Field, Sunset Canyon Recreation Center, Student Activities Center & Marina Aquatic Center

FITWELL SERVICES * See websites for pricing

GROUPX FITNESS AND YOGA PASS

recreation.ucla.edu/groupx

Our Group X Fitness & Yoga Pass features in-person and virtual drop-in classes offered multiple times a day unlimited throughout each quarter. Enjoy a wide variety of classes like Yoga, Mat Pilates, Total Body Challenge, Dance Cardio and more! GroupX classes are held at the John Wooden Center.

BSTRONG

recreation.ucla.edu/groupx

Bruin Strong (BStrong) is a goal-oriented, progressive strength and conditioning program with UCLA's top personal trainers. Purchase a BStrong Membership in order to take weekly classes throughout each quarter. BStrong classes are held at the John Wooden Center and Drake Stadium.

UCLA TEACHING KITCHEN

fitwell.recreation.ucla.edu/teachingkitchen

An educational, interactive space that provides complimentary workshops and programs related to practical cooking knowledge and skills and nutrition education. Programs range from single session workshops to themed courses. Find a library of recipes and video recordings on the Teaching Kitchen website.

BRUIN MINDFIT

fitwell.recreation.ucla.edu/programs/bruin-mindfit

A mindful movement and meditation program that teaches several mindfulness tools and techniques for stress reduction, resilience, compassionate communication, breathing and relaxation.

BRUIN P.A.W.S.

recreation.ucla.edu/paws

Bruin Productive Active Working System is a webpage full of complimentary resources to support you in staying active and healthy throughout your week. Follow the step-by-step instructions to build a systematic approach to your work-week wellness by scheduling short movement, mindset, or fueling breaks throughout your day.

UCLA DIABETES PREVENTION PROGRAM

fitwell.recreation.ucla.edu/programs/dpp

A complimentary, CDC approved lifestyle change program that provides education related to diabetes prevention and group support over the course of a year. Learn foundations in nutrition, physical activity, stress management and ideas to stay motivated.

ONE-ON-ONE SERVICES: EXERCISE & NUTRITION

fitwell.recreation.ucla.edu/training-nutrition

Private training in fitness, pilates, dance or yoga with a certified trainer and/or nutrition counseling with a FITWELL Registered Dietician available in-person or virtually. Application available on website.

OTHER REC SERVICES * See websites for pricing

INSTRUCTIONAL CLASSES

recreation.ucla.edu/instruction

Register and enroll for a wide variety of recreational classes. Examples include: Dance, Martial Arts, Sports, Fitness, Art, Music and more!

INTRAMURAL AND CLUB SPORTS

recreation.ucla.edu/imsports

uclaclubsports.com

Enjoy the camaraderie and competition of playing on an intramural or club sports team!

OUTDOOR ADVENTURES

recreation.ucla.edu/oa

Outdoor Adventures offers a variety of experiential-learning opportunities through our Bike Shop, Challenge Course, Outdoor Trips, Rental Center, and Rock Wall. Our programming is designed to nurture and encourage a life-long love of outdoor pursuits along with a deep appreciation of risk management, environmental stewardship, as well as social and cultural inclusivity.

REQUEST A FITWELL WORKSHOP FOR YOUR STUDENT GROUP OR SPECIAL EVENT!

If you're part of a student group or planning a special event on campus, please contact us if you would like one of our FITWELL instructors or trainers to teach a special class or workshop.

Class options include: Yoga, Zumba, Mindfulness, Dance, Strength & Conditioning and more.

Workshop topic options include: Self-Love and Body Positivity, Intuitive Eating, Healthy Habits for Studying, Healthy Cooking, Fitness & Nutrition 101, or customize your own topic and collaborate with one of our FITWELL programmers.

Email fitwell@recreation.ucla.edu or fill out the workshop request form at https://bit.ly/fitwell_workshops

Recreation programs are available to all Graduate and Professional students; however, those enrolled in self-supporting degree programs that do not pay Recreation service fees are required to purchase a Recreation Membership for access.

recreation.ucla.edu / 310.206.8307 / info@recreation.ucla.edu





BRUIN P.A.W.S.

recreation.ucla.edu/paws

The Bruin P.A.W.S. (Productive Active Working System) helps you increase physical activity and exercise throughout the day for a more positive, clear, creative mind and pain free body. Bruin P.A.W.S. encourages fully focused work blocks followed by short movement, mindset or fueling breaks alternating throughout the day. A balance of work blocks and breaks will help you to release stress, relax the mind, energize your body and increase overall focus and productivity!

Download P.A.W.S. Movement calendars here:

fitwell.recreation.ucla.edu/programs/paws/move

Figure 4 Chair

Cross the ankle over the knee. Pull knee down towards the floor. Bend at the hip. Keep a neutral spine.



Standing/Kneeling Hip Flexor

Take one step back, toes pointed forward. Rear leg is straight, tilt hips back and bend the front knee.

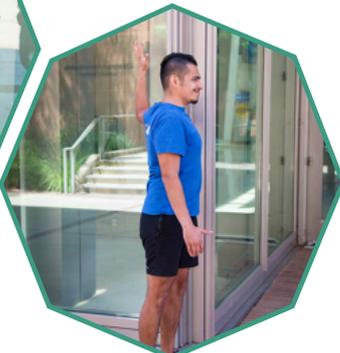


Hamstrings Stretch – Standing

Start with your feet hip distance apart, knees straight but not locked out, reach your arms over head, take in a deep breath, fold forward and reach for your toes as you let your breath out and hold for 30 seconds.

Pectoralis Stretch

Stand perpendicular to the wall with one arm fully extended behind yourself, rotating the torso away from the wall.



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