



March 2023 Class & Workshop Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p> <p>Cooking Workshop: Learn to Cook Eggs with Chef Justin of Bon Appetit (preregistration required) 2-3pm <i>at the Spot</i></p>	<p>2</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation 12:00-12:30pm <i>(on Zoom)</i></p>	3	4
5	<p>6</p> <p>Meditation 11:30-12:00pm <i>(on Zoom)</i></p> <p>Barbell Weight Training 3:30-4:15pm <i>Studio</i></p> <p>HIIT Circuit Training 6:00 – 6:45pm <i>Studio or Patio</i></p>	<p>7</p> <p>TRX Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	<p>8</p> <p>International Women’s Day Personal Safety & Self Defense Workshop 12:00 – 1:00pm <i>La Fetra</i></p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p>	<p>9</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation 12:00-12:30pm <i>(on Zoom)</i></p> <p>Financial Well-Being Workshop 4:00-5:00pm <i>(on Zoom)</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	10	11
12	<p>13</p> <p>Meditation 11:30-12:00pm <i>(on Zoom)</i></p> <p>Barbell Weight Training 3:30-4:15pm <i>Studio</i></p> <p>HIIT Circuit Training 6:00 – 6:45pm <i>Studio or Patio</i></p>	<p>14</p> <p>TRX Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	<p>15</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p> <p>Self Defense Hands-On Workshop 12:00-4:00pm <i>Studio</i> Advanced registration required</p>	<p>16</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation 12:00-12:30pm <i>(on Zoom)</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	<p>17</p> <p>Yoga Flow 12:00 – 1:00pm <i>Studio</i></p> 	18
19	<p>20</p> <p>Meditation 11:30-12:00pm <i>(on Zoom)</i></p> <p>Barbell Weight Training 3:30-4:15pm <i>Studio</i></p> <p>HIIT Circuit Training 6:00 – 6:45pm <i>Studio or Patio</i></p>	<p>21</p> <p>TRX Training 12:00 – 12:45pm <i>Studio or Patio</i></p>	<p>22</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p>	<p>23</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation 12:00-12:30pm <i>(on Zoom)</i></p>	24	<p>25</p> <p>Facility Closed For spring break March 25th – April 2nd</p>
26	<p>27</p> <p>Facility Closed</p>	28	29	30	31	→



For in-person activities, please sign in on class attendance sheet at front desk. Can RSVP on campus labs and/or drop-in for these classes unless registration is required (workshops)

Class Descriptions

Barbell Weight Training - This class will teach you basic movements of weight training while focusing on proper form. Options will be provided to keep things challenging as you build strength. Modifications provided. All fitness levels welcome!

Breathwork – Join Lauren Fittante in a meditation practice that uses the breath to balance, calm, and ground ourselves. Wednesdays **on Zoom**. (30 minutes). <https://ulv-edu.zoom.us/j/91288179046> Meeting ID: 912 8817 9046. **Provided by the Office of Religious and Spiritual Life.**

HIIT Circuit Training – a high-intensity interval circuit utilizing resistance training and cardio intervals to give you a total body workout. This class will take place on the patio during nice weather and studio on inclement days. Instructor will decide venue. All fitness levels welcome!

Meditation (Monday) – Join Dr. Ali in a mindfulness meditation practice to balance, calm, and ground. Mondays **on Zoom**. (30 minutes) <https://us02web.zoom.us/j/81956236406?pwd=bVRBR25yenBkZ2ZxRWcvaTk0ZExXdz09> **Provided by the Office of Religious and Spiritual Life.** Meeting ID: 819 5623 6406; Passcode: Peace

Meditation (Thursday) – Join Dr. Dane Sawyer in a meditation to balance, calm and ground. Thursdays **on Zoom**. (30 minutes). <https://us02web.zoom.us/j/83316788817?pwd=L1NmRHBzNW9tT2c1S2NtaVdR2tEUT09> **Provided by the Office of Religious and Spiritual Life.** Meeting ID: 833 1678 8817 Passcode: namaste

TRX - TRX is a circuit-style, strength training class that will elevate your heart rate and build full body strength through a variety of movements. All fitness levels are welcome!

Yoga Flow – a basic flow class that teaches you the foundational yoga poses, breathing and general practice. Mats provided, but you may also bring your own. All fitness levels welcome!

Cooking Workshop: Learn to Cook Eggs with Chef Justin of Bon Appetit – Join Bon Appetit Chef, Justin Alarcon, to learn how to make eggs multiple ways! This cooking class will take place in the executive kitchen at The Spot. All materials will be provided. Advanced registration is **required and limited to 10 students**. Please be considerate of others and if you cannot attend, please cancel your RSVP at least 24 hours in advance. We will contact students on the waitlist for last minute cancellations. *This workshop is limited to current students only.*

Financial Well-Being Workshops – This is a year-long series of workshops to heal your relationship with money. These workshops will be delivered on Zoom by Kara Stevens, CEO of The Frugal Feminista and author of *Heal Your Relationship with Money*. **These workshops are virtual on Zoom.**

Thursday, March 9th 4 – 5pm “Young and Retired”

Participants will learn about financial independence, retirement early (FIRE) movement, the power of compound interest, and how to start saving for retirement while they are still young. This workshop is virtual. RSVP on campus Labs and/or access here. <https://ulv-edu.zoom.us/my/wellbeing>

Personal Safety & Self Defense Workshops – Wednesday, March 8th & 15th – The first seminar is a dynamic, interactive hour that covers all the most frequently asked questions regarding assault prevention. You will gain skills for avoidance, deterrence and resistance of physical and verbal assault, learn to assess the potential danger in a situation, learn how to respond to being followed, learn skill for resisting harassment and more. There will also be a demonstration of easy to learn physical techniques for self-defense, skills for resisting harassment and discussion of current tactics used by perpetrators. The second seminar (March 15th) is hands-on follow up to learn self-defense. This is a 4-hour training and you **must RSVP** as spots are limited to 15. Lauren Roselle, founder and President of Esteem, will facilitate this event. She is one of Southern California’s most sought-after harassment and assault prevention experts. All genders are welcome to attend! This event is in-person only and open to all current students, faculty and staff.