

2022 NURSES WEEK WELLNESS LINE-UP AT RONALD REAGAN UCLA MEDICAL CENTER (WESTWOOD)



Monday, May 9

Tuesday, May 10

Wednesday, May 11

Thursday, May 12

Friday, May 13

6:15-6:30AM Day Shift Warm Up
Garden of Peace with UCLA Rec

11:30-12 Midday Stretch & Refresh
Garden of Peace with UCLA Rec

12-12:30 Midday Stretch & Refresh
Garden of Peace with UCLA Rec

12:30-1 Mindful Meditation
Live & Virtual: [Click to Join](#)
ID: 811 1864 1639 Passcode: 2022

12:00-12:45 Core de Force
Live & Virtual:
Instagram.com/uclarec

6:15-6:30PM PM Shift Warm Up
Garden of Peace with UCLA Rec

6:15-6:30AM Day Shift Warm Up
Garden of Peace with UCLA Rec

6:15-6:30 Equinox AM Shift Warm Up
Live & Virtual [Register in advance](#)

11:30-12 & 12-12:30 Equinox Sleep Tips
Live & Virtual [Register in advance](#)

11:30-12:00 Meditation & Breathing
Garden of Peace with UCLA Rec

12:00-12:30 Meditation & Breathing
Garden of Peace with UCLA Rec

12-1:00 Integrative Med. Yoga Therapy
Live & Virtual: [Click to RSVP](#)

5:30-6:20 Kick Box Fitness
Live & Virtual: Facebook.com/uclarec

6:15-6:30PM Evening Shift Warm Up
Garden of Peace with UCLA Rec

6:15-6:30 Equinox PM Shift Warm Up
Live & Virtual [Register in advance](#)

6:15-6:30AM Day Shift Warm Up
Garden of Peace with UCLA Rec

8:00-9:00 Gentle Yoga & Meditation
Switzer Plaza with UCLA Rec

8:45-9:00AM Fit Break
100 Med Center Plaza with UCLA Rec

11:30-12 & 12-12:30 Equinox Yoga
Live & Virtual [Register in advance](#)

11:30-12 Midday Stretch & Refresh
Garden of Peace with UCLA Rec

12-12:30 Midday Stretch & Refresh
Garden of Peace with UCLA Rec

6:15-6:30PM Evening Shift Warm Up
Garden of Peace with UCLA Rec

6:15-6:30AM Day Shift Warm Up
Garden of Peace with UCLA Recreation

6:15-6:30AM Equinox AM Shift Warm Up
Live & Virtual [Register in advance](#)

11:30-12 & 12-12:30 Equinox Nutrition
Live & Virtual [Register in advance](#)

11:30-12:00 Laughter Yoga
Garden of Peace with UCLA Recreation

12:00-12:30 Laughter Yoga
Garden of Peace with UCLA Recreation

12-1:00 Integrative Med. Yoga Therapy
Live & Virtual: [Click to RSVP](#)

12:15-12:55 Dance Fitness
Switzer Plaza with UCLA Recreation

12:30-1:00 Mindful Meditation
Live & Virtual: [Click to RSVP](#)

6:00-6:40 Mat Pilates
Live & Virtual: Instagram.com/uclarec

6:15-6:30PM Evening Shift Warm Up
Garden of Peace with UCLA Recreation

6:15-6:30PM Equinox PM Shift Warm Up
Live & Virtual [Register in advance](#)

6:15-6:30AM Day Shift Warm Up
Garden of Peace with UCLA Recreation

11:30-11:45 Alexander Technique
Live & Virtual: Facebook.com/uclarec

11:30-12 Midday Stretch & Refresh
Garden of Peace with UCLA Recreation

12-12:30 Midday Stretch & Refresh
Garden of Peace with UCLA Recreation

12:10-12:50 PIYO
Live & Virtual: Instagram.com/uclarec

4:00-5:00 Deep Stretch & Relax
Live & Virtual: Facebook.com/uclarec

6:15-6:30PM Evening Shift Warm Up
Garden of Peace with UCLA Recreation



2022 NURSES WEEK WELLNESS LINE-UP AT SANTA MONICA UCLA MEDICAL CENTER

Monday, May 9

Tuesday, May 10

Wednesday, May 11

Thursday, May 12

Friday, May 13

6:15-6:30AM Day Shift Warm Up
15th St. Garden with UCLA Rec

11:30-12 Midday Stretch & Refresh
15th St. Garden with UCLA Rec

12-12:30 Midday Stretch & Refresh
15th St. Garden with UCLA Rec

12-12:45 Core de Force
Live & Virtual:
Instagram.com/uclarec

12:30-1 Mindful Meditation
Live & Virtual: [Click to Join](#)
ID: 811 1864 1639 Passcode: 2022

6:15-6:30PM Evening Shift Warm Up
15th St. Garden with UCLA Rec

6:15-6:30AM Day Shift Warm Up
15th St. Garden with UCLA Recreation

6:15-6:30AM Equinox AM Shift Warmup
Live & Virtual [Register in advance](#)

11:30-12 / 12-12:30 Equinox Sleep Tips
Live & Virtual [Register in advance](#)

11:30-12:00 Laughter Yoga
15th St. Garden with UCLA Recreation

12:00-12:30 Laughter Yoga
15th St. Garden with UCLA Recreation

12-1:00 Integrative Med. Yoga Therapy
Live & Virtual: [Click to RSVP](#)

5:30-6:20 Kick Box Fitness
Live & Virtual: Facebook.com/uclarec

6:15-6:30PM Evening Shift Warm Up
15th St. Garden with UCLA Recreation

6:15-6:30 Equinox PM Shift Warm Up
Live & Virtual [Register in advance](#)

6:15-6:30AM Day Shift Warm Up
15th St. Garden with UCLA Recreation

11:30-12 & 12-12:30 Equinox Yoga
Live & Virtual [Register in advance](#)

6:15-6:30PM Evening Shift Warm Up
15th St. Garden with UCLA Recreation

6:15-6:30AM Day Shift Warm Up
15th St. Garden with UCLA Recreation

6:15-6:30AM Equinox AM Shift Warm Up
Live & Virtual [Register in advance](#)

11:30-12 / 12-12:30 Equinox Nutrition
Live & Virtual [Register in advance](#)

11:30-12 Meditation & Breathing
Harman Garden with UCLA Recreation

12-12:30 Meditation & Breathing
Harman Garden with UCLA Recreation

12-1:00 Integrative Med. Yoga Therapy
Live & Virtual: [Click to RSVP](#)

12:30-1:00 Mindful Meditation
Live & Virtual: [Click to RSVP](#)

6:00-6:40 Mat Pilates
Live & Virtual: Instagram.com/uclarec

6:15-6:30PM Evening Shift Warm Up
15th St. Garden with UCLA Recreation

6:15-6:30 Equinox PM Shift Warm Up
Live & Virtual [Register in advance](#)

6:15-6:30AM Day Shift Warm Up
15th St. Garden with UCLA Recreation

11:30-11:45 Alexander Technique
Live & Virtual: Facebook.com/uclarec

11:30-12 Midday Stretch & Refresh
15th St. Garden with UCLA Recreation

12-12:30 Midday Stretch & Refresh
15th St. Garden with UCLA Recreation

12:10-12:50 PIYO
Live & Virtual: Instagram.com/uclarec

4:00-5:00 Deep Stretch & Relax
Live & Virtual: Facebook.com/uclarec

6:15-6:30PM Evening Shift Warm Up
15th St. Garden with UCLA Recreation