

## SALSA DANCE FIT

Salsa is a high energy Latin dance known for its dynamic movements and dramatic expression. In this class the instructor will combine salsa footwork, choreography and music with plyometric movements, cardio conditioning, strength conditioning and core/abdominal workouts. The core concept is to get a really good workout while still having fun.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 19 - Dec 19  
 Sun 10:15 - 11:15am  
 No classes Oct 10  
 FREE CLASSES Sep 19

Section II - 13 Sessions  
 SRC Studio  
 Sep 15 - Dec 8  
 Wed 1:00 - 2:00pm  
 FREE CLASSES Sep 15

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 16 - Apr 10  
 Sun 10:15 - 11:15am  
 FREE CLASSES Jan 16

Section II - 13 Sessions  
 SRC Studio  
 Jan 12 - Apr 6  
 Wed 1:00 - 2:00pm  
 FREE CLASSES Jan 12

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$135	28045	\$142	28042	\$150	28040
	Winter	\$135	29211	\$142	29209	\$150	29207
	2 Terms	\$255	28599	\$270	28598	\$284	28597
Sec II	Fall	\$135	29792	\$142	29790	\$150	29788
	Winter	\$135	29796	\$142	29795	\$150	29794
	2 Terms	\$255	29793	\$270	29791	\$284	29789

## BCRPA - ONLINE

Like the classroom program, the BCRPA Fitness Theory Online course acts as a prerequisite to all BCRPA Fitness Leadership courses and is the first step in becoming a nationally recognized fitness professional. You can also take the course for your own personal health and fitness information. You can expect the BCRPA Fitness Theory Online course to provide comprehensive information on how to keep yourself and others safely fit and well. High speed internet access is necessary. Students have 1 year to complete the course from the date of registration.

### Fall Information

Sep 15 - Dec 15

### Winter Information

Jan 15 - April 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$250	27563	\$250	27562	\$250	27561
Winter	\$250	29676	\$250	29675	\$250	29674

Looking to get your heart rate up while keeping a smile on your face?

Our cardio dance classes will get your heart racing while you are having a good time learning some new moves. These three brand new programs to UBC REC will certainly be popular so make sure to arrive early to for Shopping Week classes and give them a try.

## ZUMBA

This Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

### Fall Information

Section I - 26 Sessions  
 SRC Studio  
 Sep 14 - Dec 14  
 Tue/Thu 8:00 - 9:00am  
 No classes Nov 11  
 FREE CLASSES Sep 14, 16

### Winter Information

Section I - 26 Sessions  
 SRC Studio  
 Jan 11 - Apr 7  
 Tue/Thu 8:00 - 9:00am  
 FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$215	28038	\$225	28036	\$255	28034
Winter	\$215	29634	\$225	29632	\$255	29630
2 Terms	\$408	28592	\$428	28591	\$483	28590

## CELTIC CARDIO

Looking to get in the St. Patrick's Day mood everyday? Try out our Celtic Cardio workout, it will get your feet tapping and your heart pumping. This free spirited class is designed to include the basics of celtic dance while providing a fun energetic workout.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 17 - Dec 10  
 Fri 3:30 - 4:30pm  
 FREE CLASSES Sep 17

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 14 - Apr 8  
 Fri 3:30 - 4:30pm  
 FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	29580	\$142	29578	\$150	29577
Winter	\$135	29582	\$142	29586	\$150	29585
2 Terms	\$255	29581	\$270	29579	\$284	29576