

## DANCE

UBC REC offers a variety of dance classes taught by energetic instructors. Ballroom, Hip Hop, Ballet, and Tango, are just a few to get you started. Classes are designed to meet the needs of all skill levels!

Private instruction is available upon request. For more information on private instruction email [dgilllis@rec.ubc.ca](mailto:dgilllis@rec.ubc.ca).



Latin Funk

## HIP HOP

Learn to dance like you see in the music videos and get a great workout. This is a street-dance based class utilizing the newest funky patterns and variations, combining hip hop, funk, and dance techniques that are challenging and fun. This class combines energy, style, and a touch of attitude with hip hop and pop music.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 14 - Dec 7  
 Tue 8:00 - 9:00pm  
 FREE CLASSES Sep 14

Section II - 13 Sessions  
 SRC Studio  
 Sep 15 - Dec 8  
 Wed 4:30 - 5:30pm  
 FREE CLASSES Sep 15

Section III - 13 Sessions  
 SRC Studio  
 Sep 16 - Dec 16  
 Thu 5:30 - 6:30pm  
 No classes Nov 11  
 FREE CLASSES Sep 16

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 11 - Apr 5  
 Tue 8:00 - 9:00pm  
 FREE CLASSES Jan 11

Section II - 13 Sessions  
 SRC Studio  
 Jan 12 - Apr 6  
 Wed 4:30 - 5:30pm  
 FREE CLASSES Jan 12

Section III - 13 Sessions  
 SRC Studio  
 Jan 13 - Apr 7  
 Thu 5:30 - 6:30pm  
 FREE CLASSES Jan 13

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$109	27341	\$117	27336	\$124	273 29
	Winter	\$109	29473	\$117	29468	\$124	29461
	2 Terms	\$204	27342	\$219	27338	\$233	27331
Sec II	Fall	\$109	27343	\$117	27335	\$124	27330
	Winter	\$109	29475	\$117	29467	\$124	29462
	2 Terms	\$204	27344	\$219	27337	\$233	27332
Sec III	Fall	\$109	27345	\$117	27339	\$124	27333
	Winter	\$109	29477	\$117	29471	\$124	29465
	2 Terms	\$204	27346	\$219	27340	\$233	27334

## POPPING

Often confused with break dancing, popping is part of a broader category of street dances known as funkstyles that originated in California back in the early '70s. Funkstyles dances are widely recognized for their highly illusion-based appearance when performed in circles (ciphers). While the class will focus on popping, other styles such as botting, waving, and locking will also be taught. All classes are taught by Jamieson of Harbour Dance Centre with special classes taught by various members of his crew.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 16 - Dec 16  
 Thu 3:30 - 4:30pm  
 No classes Nov 11  
 FREE CLASSES Sep 16

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 13 - Apr 7  
 Thu 3:30 - 4:30pm  
 FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$109	27349	\$117	27351	\$124	27347
Winter	\$109	29489	\$117	29487	\$124	29485
2 Terms	\$204	27350	\$219	27352	\$233	27348

## BREAK DANCE

It's breaking and it's the original hip hop dance. Don't let anyone fool you into believing anything else. Breaking is a dance that originated from the east coast back in the early days of hip hop. Featuring toprock, footwork, power moves and freezes, breaking is an excellent workout in addition to being a very self-expressive dance style. Contrary to popular belief, it is not just a guy's dance - we have an even split in our student base between guys and girls. Classes emphasize the student's ability to freestyle and dance to any song.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 14 - Dec 7  
 Tue 3:30 - 4:30pm  
 FREE CLASSES Sep 14

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 11 - Apr 5  
 Tue 3:30 - 4:30pm  
 FREE CLASSES Jan 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$109	27375	\$117	27373	\$124	27371
Winter	\$109	29405	\$117	29403	\$124	29401
2 Terms	\$204	27376	\$219	27374	\$233	27372

## CARIBBEAN SOUL

Come feel the rhythm of the Caribbean. The Cuban Rueda, Merengue, Bachata and Cazumba will move your soul and your feet. A fun evening where all levels are welcome to come out, learn and get caught up in the rhythms of the Caribbean.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 17 - Dec 10  
Fri 6:30 - 8:00pm  
FREE CLASSES Sep 17

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 14 - Apr 8  
Fri 6:30 - 8:00pm  
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	28258	\$142	28256	\$150	28254
Winter	\$135	29313	\$142	29311	\$150	29309
2 Terms	\$255	28259	\$270	28257	\$284	28255

Wondering why you should take a dance class?  
Check out the following health benefits:  
Reduce stress - Increase energy - Improve strength  
Increase muscle tone and coordination  
Lower risk of coronary heart disease  
Decrease blood pressure - Manage weight  
Strengthen bones, and joints - Have fun!

## INTRO TO BALLET

Build poise and grace as you learn ballet at a pace that you can manage and enjoy. This class is designed for those new to dance or new to ballet. No formal or traditional ballet wear is required, just comfortable shoes and loose exercise clothing.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 19 - Dec 19  
Sun 3:00 - 4:30pm  
No classes Oct 10  
FREE CLASSES Sep 19

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 16 - Apr 10  
Sun 3:00 - 4:30pm  
FREE CLASSES Jan 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	27369	\$142	27367	\$150	27365
Winter	\$135	29501	\$142	29499	\$150	29497
2 Terms	\$255	27370	\$270	27368	\$284	27366



Belly Dance

## BELLY DANCE (WOMEN ONLY)

Originating in the ancient days of goddess worship and fertility rituals, belly dance is one of the oldest known forms of dance. In this class, we will explore this liberating, confidence-building and feminine dance form. Bring a hipscarf, a scarf with a fringe or a sarong. All ages and backgrounds welcome!

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 16 - Dec 16  
Thu 6:30 - 8:00pm  
No classes Nov 11  
FREE CLASSES Sep 16

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 13 - Apr 7  
Thu 6:30 - 8:00pm  
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	27326	\$142	27321	\$150	27317
Winter	\$135	29459	\$142	29457	\$150	29455
2 Terms	\$255	27327	\$270	27324	\$284	27318

## MUSICAL THEATRE

Ever wanted to be on the stage singing, dancing and acting? Build self-confidence and learn to express yourself through improvisation, characterization, singing and movement. This fun class is a great opportunity to be active, social and have a great time.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 19 - Dec 19  
Sun 4:30pm - 6:00pm  
No classes Oct 10  
FREE CLASSES Sep 19

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 16 - Apr 10  
Sun 4:30pm - 6:00pm  
FREE CLASSES Jan 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	28033	\$142	28032	\$150	28031
Winter	\$135	29681	\$142	29679	\$150	29677
2 Terms	\$255	28596	\$270	28595	\$284	28594

## BEGINNER LYRICAL JAZZ

Get fit and learn to dance! This class is designed for people with little or no dance training who have always wanted to dance or haven't danced in a while and need to spend some time on the basics. This class will be geared towards the most beginner levels in the class. The class has a long warm up, then works on technique in the centre and across the floor and always finishes with choreography that uses the techniques the class has been working on.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 13 - Dec 13  
 Mon 2:30 - 4:00pm  
 No classes Oct 11  
 FREE CLASSES Sep 13

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 10 - Apr 4  
 Mon 2:30 - 4:00pm  
 FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	27357	\$142	27355	\$150	27353
Winter	\$135	29483	\$142	29481	\$150	29479
2 Terms	\$255	27358	\$270	27356	\$284	27354

## LYRICAL JAZZ

Lyrical tends to be a softer style of jazz it uses the lyrics more to inspire the movement, so can be more interpretive, with more emotion expressed than traditional jazz. This class does have modern undertones, and the choreography has a very organic, graceful movement. The warm up is in-depth with a ballet base including plies, tondu, stretching, sit ups, kicks, and push ups.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 13 - Dec 13  
 Mon 4:00 - 5:30pm  
 No classes Oct 11  
 FREE CLASSES Sep 13

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 10 - Apr 4  
 Mon 4:00 - 5:30pm  
 FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$135	29556	\$142	29554	\$150	29552
Winter	\$135	29558	\$142	29560	\$150	29562
2 Terms	\$255	29557	\$270	29555	\$284	29553



Lyrical Jazz

# HEALTHY UBC INITIATIVES

[www.hse.ubc.ca](http://www.hse.ubc.ca)

### Free monthly events

Learn more about topics like nutrition, stress, parenting, dealing with personal finances, diabetes prevention and more at our free programs and workshops for faculty and staff.

### E-newsletter

Keep up-to-date with the latest developments in personal and professional health at UBC with our monthly e-newsletter!

### Blog

We're sharing true stories about striving to be healthy at UBC on the Healthy UBC Blog. Check out [www.blogs.ubc.ca/healthyubc](http://www.blogs.ubc.ca/healthyubc)

### Healthy Workplace Initiatives Fund

This fund is specifically for units to focus on health initiatives for UBC staff and faculty. Apply in the spring or fall to access funding.

**Check out our website for more info!**



a place of mind

HEALTH  
 SAFETY  
 ENVIRONMENT

## LATIN FUNK

Come and get fit Latin style! Latin Funk dance is a high energy fitness dance class with a fusion of six different Latin styles (Salsa, Mambo, Cumbia, Merengue, Cha Cha & Rumba) and the coolness of hip hop, afro/funk and a splash of jazz! Open to all levels.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 14 - Dec 7  
Tue 5:30 - 6:30pm  
FREE CLASSES Sep 14

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 11 - Apr 5  
Tue 5:30 - 6:30pm  
FREE CLASSES Jan 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$150	27364	\$157	27361	\$164	27359
Winter	\$150	29496	\$157	29493	\$164	29491
2 Terms	\$284	27363	\$299	27362	\$314	27360

## BALLROOM BOOTCAMP

Singles and couples are welcome. Dancing is a great way to meet new people, have fun and exercise at the same time! The Fall program will be an intensive group class series focused on East Coast Swing, Argentine Tango, Merengue and Samba. While the Winter sessions will focus on Salsa, Jive, West Coast Swing and Cha Cha. These lively and fun classes will appeal to newcomers as well as those looking to improve their enjoyment of dancing. Repetition and printed handouts will be provided to help improve your progress.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 19 - Dec 19  
Sun 6:00 - 7:30pm  
No classes Oct 10  
FREE CLASSES Sep 19

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 16 - Apr 10  
Sun 6:00 - 7:30pm  
FREE CLASSES Jan 16

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Single	Fall	\$150	27451	\$157	27447	\$164	27445
	Winter	\$150	29511	\$157	29507	\$164	29503
	2 Terms	\$284	27452	\$299	27450	\$314	27455
Pair	Fall	\$275	27453	\$288	27448	\$302	27446
	Winter	\$275	29513	\$288	29508	\$302	29504
	2 Terms	\$480	27454	\$515	27449	\$538	27458

Looking for something to do with your significant other? Both our Ballroom Bootcamp and Tango classes allow you to register as a pair, allowing you to have fun with your partner while learning a new skill!



Ballroom Bootcamp

## TANGO

You will learn the fundamental basic walks, turns and many other beautiful tango figures. The class is suitable for both beginners and those with previous exposure to tango. The powerful and dynamic style that is practiced originates in the '60s golden era of tango in Argentina. Be prepared for a challenging and rewarding workout! All age groups are welcome. You can come alone or with a partner.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 17 - Dec 10  
Fri 8:00 - 9:30pm  
FREE CLASSES Sep 17

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 14 - Apr 8  
Fri 8:00 - 9:30pm  
FREE CLASSES Jan 14

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Single	Fall	\$135	27533	\$142	27529	\$150	27525
	Winter	\$135	29614	\$142	29610	\$150	29606
	2 Terms	\$255	27535	\$270	27531	\$284	27527
Pair	Fall	\$260	27534	\$274	27530	\$289	27526
	Winter	\$260	29615	\$274	29611	\$289	29607
	2 Terms	\$465	27536	\$499	27532	\$523	27528

Instructional classes & Outdoor programs are subject to change due to facility availability & enrollment. Not all classes are offered every term. All prices include applicable taxes.

## 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