

## UBC REC - INSTRUCTIONAL CLASSES

UBC REC leads in the innovative promotion and delivery of recreation programs and services that inspire our diverse University community to live an active and healthy lifestyle. We offer something for everyone! Instructional Class offerings are programs that teach various skills that progress each week. Classes offered include Pilates, Yoga, Dance, Martial Arts and Group Health classes. Come into the Student Recreation Centre and try a Karate or Belly Dance class this year to punch or shimmy your way into shape. Instructional Classes run September through April.

### YOGA, PILATES, AND TAI CHI

In the fast-paced world we live in, becoming aware of the relationship between our physical and mental health is essential for overall well being. From Yoga to Pilates to Tai Chi, our mind/body classes will help improve your mental awareness and reduce your levels of stress as you develop strength, flexibility, and balance.



Shoulder Stand - Hatha Yoga



Cobra Pose - Hatha Yoga

### HATHA

Hatha Yoga is a great introduction to what yoga is all about and what health benefits it can offer. Yoga allows you to develop a better breathing technique while improving your balance, flexibility, core strength, and endurance. There is no better time than now to try out, and get sold on the incredible advantages that yoga has to offer.

#### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 13 - Dec 13  
 Mon 1:00 - 2:00pm  
 No classes Oct 11  
 FREE CLASSES Sep 13

Section II - 13 Sessions  
 SRC Studio  
 Sep 17 - Dec 10  
 Fri 1:00 - 2:00pm  
 FREE CLASSES Sep 17

Section III - 13 Sessions  
 SRC Dojo  
 Sep 14 - Dec 7  
 Tue 6:00 - 7:30pm  
 FREE CLASSES Sep 14

#### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 10 - Apr 4  
 Mon 1:00 - 2:00pm  
 FREE CLASSES Jan 10

Section II - 13 Sessions  
 SRC Studio  
 Jan 14 - Apr 8  
 Fri 1:00 - 2:00pm  
 FREE CLASSES Jan 14

Section III - 13 Sessions  
 SRC Dojo  
 Jan 11 - Apr 5  
 Tue 6:00 - 7:30pm  
 FREE CLASSES Jan 11

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$88	27515	\$94	27510	\$102	27495
	Winter	\$88	29449	\$94	29448	\$102	29437
	2 Terms	\$162	27517	\$173	27507	\$189	27497
Sec II	Fall	\$88	27516	\$94	27506	\$102	27496
	Winter	\$88	29450	\$94	29444	\$102	29438
	2 Terms	\$162	27518	\$173	27508	\$189	27498
Sec III	Fall	\$131	27519	\$138	27505	\$150	27499
	Winter	\$131	29453	\$138	29443	\$150	29441
	2 Terms	\$233	27520	\$254	27509	\$276	27500

## LUNCH TIME HATHA

This lunchtime class will allow you to get an introduction to yoga while not interrupting your day-to-day schedule. Yoga can help you develop a better breathing technique while improving your balance, flexibility, core strength, and endurance.

### Fall Information

Section I - 39 Sessions  
 SRC Dojo  
 Sep 13 - Dec 13  
 Mon/Wed/Fri 12:00 - 1:00pm  
 No classes Oct 11  
 FREE CLASSES Sep 13, 15, 17

### Winter Information

Section I - 39 Sessions  
 SRC Dojo  
 Jan 10 - Apr 8  
 Mon/Wed/Fri 12:00 - 1:00pm  
 FREE CLASSES Jan 10, 12, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$273	28030	\$288	28029	\$317	28028
Winter	\$273	29206	\$288	29204	\$317	29202
2 Terms	\$502	29684	\$535	28522	\$590	28521



Downward Facing Dog - Sunday Morning Hatha Yoga

## TGIF HATHA

The week is over and what better way to leave all that stress behind than yoga? TGIF Hatha Yoga is a great introduction to what yoga is all about and what health benefits it can offer. Yoga allows you to develop a better breathing technique while improving your balance, flexibility, core strength, and endurance. There is no better way to start the weekend.

### Fall Information

Section I - 13 Sessions  
 SRC Dojo  
 Sep 17 - Dec 10  
 Fri 5:00 - 6:00pm  
 FREE CLASSES Sep 17

### Winter Information

Section I - 13 Sessions  
 SRC Dojo  
 Jan 14 - Apr 8  
 Fri 5:00 - 6:00pm  
 FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$91	28147	\$98	28145	\$106	28143
Winter	\$91	29387	\$98	29385	\$106	29383
2 Terms	\$168	28148	\$182	28146	\$197	28144

## SUNDAY MORNING HATHA

Enjoy a relaxing Sunday morning with Hatha yoga. This slow-paced stretching class with some simple breathing exercises and seated meditation is a good place to learn basic poses, relaxation techniques, and become comfortable with the yoga practice.

### Fall Information

Section I - 13 Sessions  
 SRC Dojo  
 Sep 19 - Dec 19  
 Sun 9:15 - 10:15am  
 No classes Oct 10  
 FREE CLASSES Sep 19

### Winter Information

Section I - 13 Sessions  
 SRC Dojo  
 Jan 16 - Apr 10  
 Sun 9:15 - 10:15am  
 FREE CLASSES Jan 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$88	27541	\$94	27539	\$102	27537
Winter	\$88	29622	\$94	29620	\$102	29618
2 Terms	\$162	27542	\$173	27540	\$189	27538

## SUNDAY NIGHT HATHA

This Sunday night class is a great introduction to what yoga is all about and what health benefits it can offer. Hatha yoga allows you to develop a better breathing technique while improving your balance, flexibility, core strength, and endurance. Come spend a relaxing evening with us to get ready for the busy week ahead.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 19 - Dec 19  
 Sun 7:30 - 8:30pm  
 No classes Oct 10  
 FREE CLASSES Sep 19

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 16 - Apr 10  
 Sun 7:30 - 8:30pm  
 FREE CLASSES Jan 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$88	28129	\$94	28127	\$102	28126
Winter	\$88	29350	\$94	29347	\$102	29346
2 Terms	\$162	29349	\$173	28128	\$189	28125

UBC REC yoga classes are less than \$7.00 per class when you register for the whole course. That's a savings of more than \$4.00 compared to dropping in.



Trikonasana (Triangle) Pose - Power Yoga

## POWER YOGA

UBC REC Power Yoga is the practice of a series of yoga poses without stopping and accompanied by Vinyasa or riding the breath in order to flow from one pose to another. All levels welcome.

### Fall Information

Section I - 26 Sessions  
SRC Studio  
Sep 14 - Dec 14  
Tue/Thu 9:00 - 10:00am  
No classes Nov 11  
FREE CLASSES Sep 14, 16

### Winter Information

Section I - 26 Sessions  
SRC Studio  
Jan 11 - Apr 14  
Tue/Thu 9:00 - 10:00am  
FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$175	28225	\$187	28223	\$203	28221
Winter	\$175	29325	\$187	29323	\$203	29321
2 Terms	\$320	28226	\$345	28224	\$375	28222

## VINYASA

This style of yoga is characterized by a focus on connecting posture to create a flow between static traditional yoga postures and the linking of movement to breath. Focusing as much on the transition between postures as the postures themselves this technique will be sure to give you a great work out. All levels welcome.

### Fall Information

Section I - 26 Sessions  
SRC Dojo  
Sep 14 - Dec 14  
Tue/Thu 1:00 - 2:00pm  
No classes Nov 11  
FREE CLASSES Sep 14, 16

### Winter Information

Section I - 26 Sessions  
SRC Dojo  
Jan 11 - Apr 7  
Tue/Thu 1:00 - 2:00pm  
FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$175	28282	\$187	28274	\$203	28266
Winter	\$175	29628	\$187	29626	\$203	29624
2 Terms	\$320	28283	\$345	28275	\$375	28267

## POWER YOGA FRIDAYS

UBC REC Power Yoga Fridays is an early morning start to the day. This class is sure to get you sweating by moving within a series of yoga poses without stopping and accompanied by Vinyasa or riding the breath in order to flow from one pose to another.

### Fall Information

Section I - 13 Sessions  
SRC Studio  
Sep 17 - Dec 10  
Fri 7:30 - 9:00am  
FREE CLASSES Sep 17

### Winter Information

Section I - 13 Sessions  
SRC Studio  
Jan 14 - Apr 8  
Fri 7:30 - 9:00am  
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$88	28231	\$94	28229	\$102	28227
Winter	\$88	29331	\$94	29329	\$102	29327
2 Terms	\$162	28232	\$173	28230	\$189	28228

First time taking a yoga class?  
We have everything you need to be prepared. You are always welcome to borrow one of our yoga mats but if you prefer to buy your own, we have UBC REC branded yoga mats available from the Operations Centre for \$27.00

## SUNDAY NIGHT VINYASA

The Vinyasa style of yoga is characterized by a focus on connecting posture to create a flow between static traditional yoga postures and the linking of movement to breath. Focusing as much on the transition between postures as the postures themselves. Sunday Night Vinyasa is a great way of winding the weekend down and getting ready for that all important week ahead.

### Fall Information

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

### Winter Information

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

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$88	28219	\$94	28217	\$102	28215
Winter	\$88	29319	\$94	29317	\$102	29315
2 Terms	\$162	28220	\$173	28218	\$189	28216

## ASHTANGA

An intense workout based on traditional yoga postures. Participants will enjoy a challenging workout while practicing a continuous flow of postures to create internal heat and develop strength and concentration. Be prepared to sweat and stretch. Wear clothing that moves with your body, and bring a sweater for cool down.

### Fall Information

Section I - 26 Sessions  
 SRC Dojo  
 Sep 13 - Dec 13  
 Mon/Wed 4:30 - 6:00pm  
 No classes Oct 11  
 FREE CLASSES Sep 13, 15

### Winter Information

Section I - 26 Sessions  
 SRC Dojo  
 Jan 10 - Apr 6  
 Mon/Wed 4:30 - 6:00pm  
 FREE CLASSES Jan 10, 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$260	27389	\$274	27385	\$297	27377
Winter	\$260	29411	\$274	29409	\$297	29407
2 Terms	\$471	27393	\$507	27386	\$551	27379

## ASHTANGA LEVEL II

This level two intense workout is based on traditional yoga postures. Participants will enjoy a challenging workout while practicing a continuous flow of postures to create internal heat and develop strength and concentration. Be prepared to sweat and stretch. Experience in any of our other Ashtanga classes is recommended.

### Fall Information

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

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 10 - Apr 4  
 Mon 6:30 - 8:00pm  
 FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$131	28186	\$138	28184	\$150	28179
Winter	\$131	29356	\$138	29354	\$150	29352
2 Terms	\$233	28187	\$254	28185	\$276	28182



Taking a Vinyasa - Ashtanga Yoga

## LUNCH TIME ASHTANGA

Enjoy a challenging workout while practicing a continuous flow of postures to create internal heat and develop strength and concentration in this lunch hour class. Be prepared to sweat and stretch. Wear clothing that allows your body to move freely.

### Fall Information

Section I - 26 Sessions  
 SRC Dojo  
 Sep 14 - Dec 14  
 Tue/Thu 12:00 - 1:00pm  
 No classes Nov 11  
 FREE CLASSES Sep 14, 16

### Winter Information

Section I - 26 Sessions  
 SRC Dojo  
 Jan 11 - Apr 7  
 Tue/Thu 12:00 - 1:00pm  
 FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$183	28207	\$192	28205	\$212	28203
Winter	\$183	29375	\$192	29373	\$212	29371
2 Terms	\$334	28208	\$355	28206	\$392	28204

## AFTERNOON ASHTANGA

Get in on this intense afternoon workout based on traditional yoga postures. Participants will enjoy a challenging workout while practicing a continuous flow of postures to create internal heat and develop strength and concentration. Be prepared to sweat and stretch. Wear clothing that allows your body to move freely.

### Fall Information

Section I - 26 Sessions  
 SRC Dojo  
 Sep 14 - Dec 14  
 Tue/Thu 4:00 - 5:00pm  
 No classes Nov 11  
 FREE CLASSES Sep 14, 16

### Winter Information

Section I - 26 Sessions  
 SRC Dojo  
 Jan 11 - Apr 7  
 Tue/Thu 4:00 - 5:00pm  
 FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$175	28201	\$187	28199	\$203	28197
Winter	\$175	29381	\$187	29379	\$203	29377
2 Terms	\$320	28202	\$345	28200	\$375	28198

## MORNING YOGA JAM

A little yoga in the morning goes a long way. A morning yoga practice can wake, warm, stretch and energize, setting up a day to be more peaceful, centred, and focused. Carry a sense of calm and clarity with you through the day.

### Fall Information

Section I - 26 Sessions  
SRC Dojo  
Sep 14 - Dec 14  
Tue/Thu 7:30 - 8:30am  
No classes Nov 11  
FREE CLASSES Sep 14, 16

### Winter Information

Section I - 26 Sessions  
SRC Dojo  
Jan 11 - Apr 7  
Tue/Thu 7:30 - 8:30am  
FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$175	27568	\$187	27566	\$203	27564
Winter	\$175	29697	\$187	29695	\$203	29693
2 Terms	\$320	27569	\$345	27567	\$375	27565



Virabhadrasana I (Warrior 1) - Morning Yoga Jam

## FLOW YOGA

A lively energetic flowing class that synchronizes breath with movement. Build strength, flexibility and concentration. Flow classes do not follow a set sequence of postures, each class is unique. You can always expect a great cardiovascular and strength building workout combined with breath work. All levels are welcome.

### Fall Information

Section I - 26 Sessions  
SRC Studio  
Sep 13 - Dec 13  
Mon/Wed 9:00 - 10:00am  
No classes Oct 11  
FREE CLASSES Sep 13, 15

Section II - 13 Sessions  
SRC Studio  
Sep 19 - Dec 19  
Sun 9:15 - 10:15am  
No classes Oct 10  
FREE CLASSES Sep 19

### Winter Information

Section I - 26 Sessions  
SRC Studio  
Jan 10 - Apr 6  
Mon/Wed 9:00 - 10:00am  
FREE CLASSES Jan 10, 12

Section II - 13 Sessions  
SRC Studio  
Jan 16 - Apr 10  
Sun 9:15am - 10:15am  
FREE CLASSES Jan 16

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$175	28246	\$187	28244	\$203	28242
	Winter	\$175	29299	\$187	29295	\$203	29291
	2 Terms	\$320	28247	\$345	28245	\$375	28243
Sec II	Fall	\$88	28252	\$94	28250	\$102	28248
	Winter	\$88	29301	\$94	29297	\$102	29293
	2 Terms	\$162	28253	\$173	28251	\$189	28249

## PARTNER YOGA

Partner Yoga is a bold, new step in the evolution of yoga, blending mutually beneficial postures, conscious breathing, trust, communication, and-- most of all-- playfulness and fun. Dynamic postures and yoga flows are introduced in this provocative and exciting yoga experience. These beautiful postures are designed to help improve balance, strength, and flexibility as well as increase the level of trust and communication between you and your partner. Partner Yoga is perfect for anyone-- novice or seasoned yoga practitioner-- who is interested in increasing fitness, releasing tension, strengthening relationships, and having a good time. So find a partner and explore the possibilities!

### Fall Information

Section I - 26 Sessions  
SRC Dojo  
Sep 14 - Dec 10  
Tue/Fri 11:00am - 12:00pm  
FREE CLASSES Sep 14, 17

### Winter Information

Section I - 26 Sessions  
SRC Dojo  
Jan 11 - Apr 8  
Tue/Fri 11:00am - 12:00pm  
FREE CLASSES Jan 11, 14

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Single	Fall	\$175	28135	\$187	28133	\$203	28131
	Winter	\$175	29363	\$187	29360	\$203	29358
	2 Terms	\$320	29362	\$345	28134	\$375	28132
Pair	Fall	\$305	30412	\$334	30409	\$366	30406
	Winter	\$305	30414	\$334	30411	\$366	30408
	2 Terms	\$585	30413	\$640	30410	\$700	30407

## KUNDALINI YOGA

The word "kundalini" means awareness and its purpose is to awaken the life force which resides at the base of the spine and allow the energy to flow through the body. Kundalini Yoga combines classic postures with breathing, chanting and meditation. Open to all levels. The benefits include weight control, relief from stress and insomnia, enhanced creativity, lymphatic cleansing, liver detoxification, balancing the heart and mind, and developing will power.

### Fall Information

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

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 14 - Apr 8  
 Fri 9:00 - 10:00am  
 FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$88	28264	\$94	28262	\$102	28260
Winter	\$88	29307	\$94	29305	\$102	29303
2 Terms	\$162	28265	\$173	28263	\$189	28261

Take advantage of Shopping Week and try your class before registering. Shopping Week is a great chance to compare different types of Yoga and Pilates classes to see which suits you the best, and is also a good opportunity to meet the instructor and ask any questions you may have.

Term 1: September 13 - 19  
 Term 2: January 10 - 16

## YOGA DANCE

Looking for something new and exciting? Yoga Dance combines even more movement flow and core work providing a total body wellness experience. Some partner balancing aspects will be introduced in this fun enjoyable new class. No dance or yoga experience is required.

### Fall Information

Section I - 13 Sessions  
 SRC Studio  
 Sep 15 - Dec 8  
 Wed 3:30 - 4:30pm  
 FREE CLASSES Sep 15

### Winter Information

Section I - 13 Sessions  
 SRC Studio  
 Jan 12 - Apr 6  
 Wed 3:30 - 4:30pm  
 FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$94	29811	\$101	30376	\$109	29809
Winter	\$94	29808	\$101	29807	\$109	29806
2 Terms	\$175	30377	\$187	29810	\$203	30375

## SUNDAY MORNING PILATES

A great way to start a Sunday, pilates is designed to stretch and strengthen the muscles, creating a long and lean look. Pilates improves posture, flexibility and balance. Much attention is paid to core exercises. This challenging workout uses a series of strictly controlled postures. No experience required.

### Fall Information

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

### Winter Information

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

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$98	28195	\$104	28193	\$111	28191
Winter	\$98	29640	\$104	29638	\$111	29636
2 Terms	\$182	28196	\$197	28194	\$212	28192



Downward Facing Dog - Yoga

## TGIF PILATES

Pilates is designed to stretch and strengthen the muscles, creating a long and lean look. TGIF Pilates improves posture, flexibility and balance. End your week on a good note and enjoy one of Canada's fast growing fitness trends.

### Fall Information

Section I - 13 Sessions  
 SRC Dojo  
 Sep 17 - Dec 10  
 Fri 6:00 - 7:00pm  
 FREE CLASSES Sep 17

### Winter Information

Section I - 13 Sessions  
 SRC Dojo  
 Jan 14 - Apr 8  
 Fri 6:00 - 7:00pm  
 FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$98	28167	\$104	28162	\$111	28158
Winter	\$98	29393	\$104	29391	\$111	29389
2 Terms	\$182	28168	\$197	28163	\$212	28160

**50/50 YOGA PILATES**

50/50 Yoga Pilates presents a cutting edge pilates workout that is designed to sculpt the body and strengthen the core. A 50/50 Yoga Pilates class consists of 50% standing pilates work, which integrates pilates principles into lower-body work, and 50% yoga mat work to strengthen the core with complementary exercises. Discover the unique combination of standing pilates blended into standing yoga sequences to sculpt, strengthen and stretch the lower body with a focus on spinal alignment and technique.

**Fall Information**

Section I - 26 Sessions

SRC Dojo

Sep 13 - Dec 16

Mon/Thu 11:00am - 12:00pm

No classes Oct 11, Nov 11

FREE CLASSES Sep 13, 16

Section II - 13 Sessions

SRC Studio

Sep 17 - Dec 10

Fri 10:00 - 11:00am

FREE CLASSES Sep 17

Section III - 13 Sessions

SRC Studio

Sep 17 - Dec 10

Fri 4:30 - 5:30pm

FREE CLASSES Sep 17

**Winter Information**

Section I - 26 Sessions

SRC Dojo

Jan 10 - Apr 7

Mon/Thu 11:00am - 12:00pm

FREE CLASSES Jan 10, 13

Section II - 13 Sessions

SRC Studio

Jan 14 - Apr 8

Fri 10:00 - 11:00am

FREE CLASSES Jan 14

Section III - 13 Sessions

SRC Studio

Jan 14 - Apr 8

Fri 4:30 - 5:30pm

FREE CLASSES Jan 14



50/50 Yoga Pilates

**REFORMER PILATES**

Take your fitness to a new level with this Pilates Reformer class. The spring resistance on this unique equipment focuses on the use of arms, legs, and torso, thus making this a full body and functional workout. Space is limited to 10 people per class so be sure to register early.

**Fall Information**

Section I - 13 Sessions

SRC Studio

Sep 14 - Dec 7

Tue 10:00 - 11:00am

FREE CLASSES Sep 14

Section II - 13 Sessions

SRC Studio

Sep 16 - Dec 16

Thu 10:00 - 11:00am

No classes Nov 11

FREE CLASSES Sep 16

Section III - 13 Sessions

SRC Studio

Sep 17 - Dec 10

Fri 2:00 - 3:00pm

FREE CLASSES Sep 17

**Winter Information**

Section I - 13 Sessions

SRC Studio

Jan 11 - Apr 5

Tue 10:00 - 11:00am

FREE CLASSES Jan 11

Section II - 13 Sessions

SRC Studio

Jan 13 - Apr 7

Thu 10:00 - 11:00am

FREE CLASSES Jan 13

Section III - 13 Sessions

SRC Studio

Jan 14 - Apr 8

Fri 2:00 - 3:00pm

FREE CLASSES Jan 14

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$175	27582	\$187	27576	\$203	27570
	Winter	\$175	29570	\$187	29564	\$203	28607
	2 Terms	\$320	27583	\$345	27577	\$375	27571
Sec II	Fall	\$88	27584	\$94	27578	\$102	27572
	Winter	\$88	29572	\$94	29566	\$102	28609
	2 Terms	\$162	27585	\$173	27579	\$189	27573
Sec III	Fall	\$88	27586	\$94	27580	\$102	27574
	Winter	\$88	29574	\$94	29568	\$102	28611
	2 Terms	\$162	27587	\$173	27581	\$189	27575

Are you looking to set up your own class? Let us make it easy. UBC REC works with many groups on campus to provide customized Instructional Classes right where you work or study. Contact Dave Gillis at [dgillis@rec.ubc.ca](mailto:dgillis@rec.ubc.ca) to arrange any of our classes specifically for your office, residence, or club.

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$204	27555	\$216	27549	\$224	27543
	Winter	\$204	29600	\$216	29594	\$224	29588
	2 Terms	\$386	27556	\$400	27550	\$415	27544
Sec II	Fall	\$204	27557	\$216	27551	\$224	27545
	Winter	\$204	29602	\$216	29596	\$224	29590
	2 Terms	\$386	27558	\$400	27552	\$415	27546
Sec III	Fall	\$204	27559	\$216	27553	\$224	27547
	Winter	\$204	29604	\$216	29598	\$224	29592
	2 Terms	\$386	27560	\$400	27554	\$415	27548

## MAT PILATES

Pilates is designed to stretch and strengthen the muscles, creating a long and lean look. Pilates improves posture, flexibility and balance. Much attention is paid to core exercises. This challenging workout uses a series of strictly controlled postures and movements, along with breath control that, in addition to strengthening muscles without adding bulk, this class will increase muscular control and kinesthetic sense. No experience is necessary.

### Fall Information

Section I - 26 Sessions  
 SRC Studio  
 Sep 13 - Dec 13  
 Mon/Wed 10:00 - 11:00am  
 No classes Oct 11  
 FREE CLASSES Sep 13, 15

Section II - 26 Sessions  
 SRC Studio  
 Sep 14 - Dec 14  
 Tue/Thu 1:00 - 2:00pm  
 No classes Nov 11  
 FREE CLASSES Sep 14, 16

Section III - 26 Sessions  
 SRC Dojo  
 Sep 13 - Dec 13  
 Mon/Wed 3:30 - 4:30pm  
 No classes Oct 11  
 FREE CLASSES Sep 13, 15

Section IV - 39 Sessions  
 SRC Dojo  
 Sep 13 - Dec 13  
 Mon/Wed/Fri 1:00 - 2:00pm  
 No classes Oct 11  
 FREE CLASSES Sep 13, 15, 17

### Winter Information

Section I - 26 Sessions  
 SRC Studio  
 Jan 10 - Apr 6  
 Mon/Wed 10:00 - 11:00am  
 FREE CLASSES Jan 10, 12

Section II - 26 Sessions  
 SRC Studio  
 Jan 11 - Apr 7  
 Tue/Thu 1:00 - 2:00pm  
 FREE CLASSES Jan 11, 13

Section III - 26 Sessions  
 SRC Dojo  
 Jan 10 - Apr 6  
 Mon/Wed 3:30 - 4:30pm  
 FREE CLASSES Jan 10, 12

Section IV - 39 Sessions  
 SRC Dojo  
 Jan 10 - Apr 8  
 Mon/Wed/Fri 1:00 - 2:00pm  
 FREE CLASSES Jan 10, 12, 14

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$197	27483	\$208	27471	\$223	27459
	Winter	\$197	29429	\$208	29421	\$223	29413
	2 Terms	\$364	27487	\$394	27472	\$422	27460
Sec II	Fall	\$197	27484	\$208	27473	\$223	27461
	Winter	\$197	29430	\$208	29423	\$223	29415
	2 Terms	\$364	27488	\$394	27474	\$422	27462
Sec III	Fall	\$197	27485	\$208	27475	\$223	27463
	Winter	\$197	29431	\$208	29425	\$223	29417
	2 Terms	\$364	27489	\$394	27476	\$422	27464
Sec IV	Fall	\$273	27486	\$295	27477	\$317	27465
	Winter	\$273	29432	\$295	29427	\$317	29419
	2 Terms	\$590	27490	\$625	27478	\$668	27466



Mat Pilates

Wondering which class fits in best with your class or work schedule? Check out the colour coded Instructional Schedule on page 6 for a quick reference. All Yoga, Pilates and Tai Chi classes are highlighted in yellow, Martial Arts in red, and Dance in green.

## TAI CHI

A traditional Chinese martial art, Tai Chi is now commonly practiced for its many health benefits. Tai Chi consists of a series of slow and graceful movements, which help to achieve a state of peace and tranquillity. The gentle practice of Tai Chi strengthens one's body, mind and spirit, by adjusting the proper flow of energy and blood, throughout the body, and regulating the internal organs. The healthy, sick, old, and young can all benefit from regular daily practice.

### Fall Information

Section I - 26 Sessions  
 SRC Studio  
 Sep 13 - Dec 13  
 Mon/Wed 8:00 - 9:00am  
 No classes Oct 11  
 FREE CLASSES Sep 13, 15

### Winter Information

Section I - 30 Sessions  
 SRC Studio  
 Jan 10 - Apr 20  
 Mon/Wed 8:00 - 9:00am  
 FREE CLASSES Jan 10, 12

## LUNCH TIME TAI CHI

Looking to de-stress or improve your health over your lunch? Lunch Time Tai Chi consists of a series of slow and graceful movements, which help to achieve a state of peace and tranquillity. The gentle practice of Tai Chi is commonly practiced for its many health benefits.

### Fall Information

Section I - 13 Sessions  
 SRC Dojo  
 Sep 15 - Dec 8  
 Wed 11:00am - 12:00pm  
 FREE CLASSES Sep 15

### Winter Information

Section I - 15 Sessions  
 SRC Dojo  
 Jan 12 - Apr 20  
 Wed 11:00am - 12:00pm  
 FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$124	27645	\$130	27643	\$146	27641
Winter	\$143	29283	\$150	29281	\$168	29279
2 Terms	\$251	27646	\$263	27644	\$297	27642

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$66	28141	\$71	28139	\$80	28137
Winter	\$76	29369	\$81	29367	\$92	29365
2 Terms	\$132	28142	\$138	28140	\$157	28138

# We're listening.

At **CAMPUS AND COMMUNITY PLANNING**, we ensure any choices made about land, buildings, infrastructure and transportation support UBC's core academic mission and commitment to sustainability. We invite your input on key projects and policies through a wide range of events and online participation methods, including:

- » Public meetings
- » Open houses
- » Workshops
- » Surveys

We will keep you informed and provide feedback on how your input was used.

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 THE UNIVERSITY OF BRITISH COLUMBIA

CAMPUS AND COMMUNITY PLANNING