



Re)(ercise Run

**Re)(ercise**

Get active! Join UBC REC's Health Promotions team every Thursday at 12:30pm for an hour of healthy activity. Mixing in a variety of activities like runs, swims, and stair climbs, the Re)(ercise series is the perfect way to get moving and grooving. Variety is integrated into this program as the location, route, and activity change from week to week.

Re)(ercise runs takes participants in and around the university campus over a course ranging from 3 to 5 km. Some weeks are spent at the UBC Aquatic Centre for a group swimming lesson where the team will help guide you through organized swim workouts, as well as offer stroke correction and motivation. Also on the calendar are stair climbs at the Wreck Beach stairs. These workouts are great for your cardio and your legs.

Re)(ercise is FREE and open to all students, faculty, and staff. This series is about participation, health, wellness, and fun! Join our UBC REC Health Promotions Team, as they lead, inspire, and encourage you to participate and be active. Come in first, come in last, just come out and enjoy some physical activity with us. You never know what will happen. For complete information about Re)(ercise, please visit [www.rexercise.rec.ubc.ca](http://www.rexercise.rec.ubc.ca).



Drop-in Futsal

**DROP-IN SPORTS**

Throughout the year, there are drop-in sports in the 3 SRC gymnasiums: basketball, volleyball, futsal or badminton. The drop-in schedule operates on a rotating basis. An average week will have one court of badminton and two courts of basketball one day, with the next day having one court of volleyball and two courts of basketball. Drop-in futsal is available in 2 sessions on Wednesday night from 7-9pm or 9-11pm and is limited to 60 people per session.

Drop-in is available for free with a valid UBC Student or UBC Staff/Faculty card. All others must pay \$5.50 for drop-in. Before using the gym upstairs, all participants must sign a waiver and receive a wristband from the Operations Centre staff.

The SRC Drop-in schedule can be found online at [www.rec.ubc.ca](http://www.rec.ubc.ca) or call **604.822.6000** for daily schedules.



Drop-in Badminton

**UBC REC Drop-In Rules and Regulations:**

- All UBC students may use the gymnasiums and studio during drop-in times, but must present their valid UBC student card and sign-in each time they arrive.
- All participants/spectators must sign-in at the Operations Centre and wear a wristband at all times.
- All users must show a valid UBC Student Card, UBC Staff/Faculty Card, or pay a \$5.50 drop-in fee.
- Any violators of the wristband policy will be asked to leave the premises immediately. Repeat offenders may be banned from the facility and referred to the Supplementary Discipline System for further sanctioning.
- All courts must be vacated 15 minutes prior to scheduled end time in order to give staff time to set up the appropriate equipment.
- Operations Centre Staff have the right to limit the number of participants at any given time if they deem the courts too crowded or unsafe.



Drop-in Basketball

**COMMUNITY DROP-IN CARD**

If you frequently visit the SRC for any of our drop-in sports programs, be sure to check out our new Drop-in Card for the community. This swipe card is a quick and convenient way for you to use the SRC for drop-in programs without the need to bring cash.

The Community Drop-in Card features:

- Cost: \$50 - Save \$5 over regular drop-in rates
- Includes: 10 drop-ins at rate of \$5 per drop-in
- 1 year expiration date
- Can only be used for all drop-in sports in the gymnasium: basketball, volleyball, futsal, badminton (does NOT include yoga, dance, martial arts drop-in)



Ashtanga Yoga



Advanced Judo



Lyrical Jazz

**SHOPPING WEEK**

Each semester we are pleased to offer our first week of Instructional Classes for FREE. This allows everyone to have the opportunity to try out new activities, meet our qualified instructors, and get introduced to the incredible variety of programming that is offered at the Student Recreation Centre. This year, Shopping Week will take place during the weeks of September 12 - 18 and January 9 - 15. Check out the schedules below for both the SRC Studio and Dojo and plan out your week.

**STUDIO**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	BirdCoop	BirdCoop	BirdCoop	BirdCoop			
7:30 AM					Power Yoga Fridays		
8:00 AM	Tai Chi I	Thai Kickbox I	Tai Chi II	Thai Kickbox I			
8:30 AM					Dance Fit II		
9:00 AM	Yoga Bootcamp I	Hatha Yoga II	Yoga Bootcamp II	Hatha Yoga II			Sunday Morning Hatha Yoga I
9:30 AM						laido I	Salsa Dance Fit I
10:00 AM	Mat Pilates I	Pilates Mat-to-Reform I	Mat Pilates II	Pilates Mat-to-Reform II	Mat Pilates III		
10:30 AM							
11:00 AM	BirdCoop	BirdCoop	BirdCoop	BirdCoop	BirdCoop		
11:30 AM							
12:00 PM						Shotokan Karate I	
12:30 PM							
1:00 PM	Hatha Yoga I	Mat Pilates V	Salsa Dance Fit I	Mat Pilates V	Hatha Yoga IV		
1:30 PM						Tae Kwon Do I	
2:00 PM					Pilates Reformer I		
2:30 PM							
3:00 PM	Beginner Lyrical Jazz I						Intro to Ballet I
3:30 PM		Latin Funk I		Dance Fit I	Zumba II		
4:00 PM	Lyrical Jazz I						
4:30 PM		BirdCoop	Hip Hop I	BirdCoop	50/50 Yoga Pilates II		Afternoon Vinyassa II
5:00 PM							
5:30 PM	BirdCoop	Hip Hop Pussy Cat Dolls I	BirdCoop	Hip Hop II	BirdCoop		
6:00 PM							Ballroom Bootcamp I
6:30 PM	Zumba I	laido I	Shotokan Karate I	Belly Dance I			
7:00 PM							
7:30 PM					Tango I		Sunday Night Hatha Yoga I
8:00 PM		Burlesque I					
8:30 PM	Tae Kwon Do I		Capoeira I	Tae Kwon Do I			
9:00 PM							
9:30 PM							
10:00 PM							

**DOJO**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
7:30 AM							
8:00 AM	Aikido I	Early Morning Yoga I	Aikido I	Early Morning Yoga II	Aikido I		
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM						Ju Jutsu I	Sunday Morning Pilates I
10:30 AM							
11:00 AM	Pilates Fusion I	50/50 Yoga Pilates I	Lunch Time Tai Chi I	50/50 Yoga Pilates I	Pilates Fusion II		
11:30 AM							
12:00 PM	Yoga Express I (12:05-12:55)	Yoga Pilates Express I (12:05-12:55)	Yoga Express II (12:05-12:55)	Yoga Pilates Express II (12:05-12:55)	Yoga Express III (12:05-12:55)	Hung Gar Kung Fu I	Nihon Goju Karate II
12:30 PM							
1:00 PM		Vinyasa Yoga I		Vinyasa Yoga I			
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM						Advanced Judo I	Intro to MMA I
4:00 PM	Mat Pilates IV	Afternoon Vinyasa Yoga I	Mat Pilates IV	Afternoon Ashtanga Yoga I	Pilates Fusion III		
4:30 PM							
5:00 PM	Ashtanga Yoga I	Women's Self-Defence I	Ashtanga Yoga I	Kobudo I	MMA Extreme Workout I		
5:30 PM							
6:00 PM		Hatha Yoga III					Sunday Night Vinyasa Yoga I
6:30 PM	Ju Jutsu I		Ju Jutsu I	Nihon Goju Karate I			
7:00 PM							
7:30 PM							
8:00 PM	Judo I	Hapkido I	Judo I	Hapkido I			
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

Yoga
  Pilates
  Martial Arts
  Health
  Dance
  BirdCoop