

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 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

Yoga is a great workout, and the perfect way to achieve physical and mental balance in your life. With a variety of styles, including Hatha, Vinyasa, and Ashtanga, UBC REC's yoga program is designed to meet your needs. If you want some more variety to your yoga workout, be sure to check out our very popular combined yoga/pilates classes on p. 14.

For more details, including instructor bios and what type of yoga is right for you, visit www.yoga.rec.ubc.ca.



Hatha Yoga

EARLY MORNING YOGA

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, after enjoying an early workout.

Fall Information

Section I - 13 sessions
Location: SRC Dojo
Sep 13 - Dec 6
Tue 7:30 - 8:30am
FREE CLASSES Sep 13

Section II - 13 sessions
Location: SRC Dojo
Sep 15 - Dec 8
Thu 7:30 - 8:30am
FREE CLASSES Sep 15

Winter Information

Section I - 14 sessions
Location: SRC Dojo
Jan 10 - Apr 10
Tue 7:30 - 8:30am
FREE CLASSES Jan 10

Section II - 14 sessions
Location: SRC Dojo
Jan 12 - Apr 12
Thu 7:30 - 8:30am
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$91 36432	\$98 36430	\$108 36428		
	Winter	\$98 37318	\$106 36436	\$116 36434		
	2 Terms	\$174 36433	\$189 36431	\$210 36429		
Sec II	Fall	\$91 36866	\$98 36864	\$108 36859		
	Winter	\$98 36438	\$106 36869	\$116 36868		
	2 Terms	\$174 36867	\$189 36865	\$210 36860		



Early Morning 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 it out, and get sold on the incredible advantages that yoga has to offer.

Fall Information

Section I - 12 sessions
Location: SRC Studio
Sep 12 - Dec 5
Mon 1:00 - 2:00pm
No classes Oct 10
FREE CLASSES Sep 12

Section II - 26 sessions
Location: SRC Studio
Sep 13 - Dec 8
Tue/Thu 9:00 - 10:00am
FREE CLASSES Sep 13, 15

Section III - 13 sessions
Location: SRC Dojo
Sep 13 - Dec 6
Tue 6:00 - 7:00pm
FREE CLASSES Sep 13

Section IV - 12 sessions
Location: SRC Studio
Sep 16 - Dec 9
Fri 1:00 - 2:00pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 9 - Apr 2
Mon 1:00 - 2:00pm
FREE CLASSES Jan 9

Section II - 28 sessions
Location: SRC Studio
Jan 10 - Apr 12
Tue/Thu 9:00 - 10:00am
FREE CLASSES Jan 10, 12

Section III - 14 sessions
Location: SRC Dojo
Jan 10 - Apr 10
Tue 6:00 - 7:00pm
FREE CLASSES Jan 10

Section IV - 13 sessions
Location: SRC Studio
Jan 13 - Apr 13
Fri 1:00 - 2:00pm
No classes Apr 6
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$84 36463	\$91 36461	\$100 36449		
	Winter	\$91 36480	\$98 36478	\$108 36470		
	2 Terms	\$161 36465	\$175 36458	\$195 36451		
Sec II	Fall	\$182 36464	\$197 36457	\$216 36450		
	Winter	\$196 36481	\$212 36476	\$232 36471		
	2 Terms	\$348 36466	\$378 36459	\$420 36452		
Sec III	Fall	\$91 36467	\$98 36456	\$108 36453		
	Winter	\$98 36484	\$106 36475	\$116 36474		
	2 Terms	\$174 36468	\$189 36460	\$210 36454		
Sec IV	Fall	\$84 36469	\$91 36462	\$100 36455		
	Winter	\$91 36872	\$98 36870	\$108 36871		
	2 Terms	\$161 37321	\$175 37320	\$195 37319		

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

YOGA EXPRESS

Fit yoga into your busy schedule with Yoga Express. The class is suitable for all levels of yoga students and is a great lunch hour break for those with busy schedules.

Fall Information

Section I - 12 sessions
Location: SRC Dojo
Sep 12 - Dec 5
Mon 12:05 - 12:55pm
No classes Oct 10
FREE CLASSES Sep 12

Section II - 13 sessions
Location: SRC Dojo
Sep 14 - Dec 7
Wed 12:05 - 12:55pm
FREE CLASSES Sep 14

Section III - 12 sessions
Location: SRC Dojo
Sep 16 - Dec 9
Fri 12:05 - 12:55pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Dojo
Jan 9 - Apr 2
Mon 12:05 - 12:55pm
FREE CLASSES Jan 9

Section II - 14 sessions
Location: SRC Dojo
Jan 11 - Apr 11
Wed 12:05 - 12:55pm
FREE CLASSES Jan 11

Section III - 13 sessions
Location: SRC Dojo
Jan 13 - Apr 13
Fri 12:05 - 12:55pm
No classes Apr 6
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$84	37269	\$91	37063	\$100	37051
	Winter	\$91	37275	\$98	37069	\$108	37057
	2 Terms	\$161	37270	\$175	37064	\$195	37052
Sec II	Fall	\$91	37271	\$98	37066	\$108	37053
	Winter	\$98	37277	\$106	37072	\$116	37059
	2 Terms	\$174	37272	\$189	37065	\$210	37054
Sec III	Fall	\$84	37273	\$91	37067	\$100	37055
	Winter	\$91	37279	\$98	37073	\$108	37061
	2 Terms	\$161	37274	\$175	37068	\$195	37056



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 yoga.

Fall Information

Section I - 11 sessions
Location: SRC Studio
Sep 18 - Dec 11
Sun 9:00 - 10:00am
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 15 - Apr 15
Sun 9:00 - 10:00am
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$77	36734	\$83	36732	\$91	36730
Winter	\$91	36738	\$98	36737	\$108	36736
2 Terms	\$155	36735	\$168	36733	\$187	36731

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 - 11 sessions
Location: SRC Studio
Sep 18 - Dec 11
Sun 7:30 - 8:30pm
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 15 - Apr 15
Sun 7:30 - 8:30pm
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$77	36752	\$83	36750	\$91	36749
Winter	\$91	36756	\$98	36755	\$108	36754
2 Terms	\$155	36753	\$168	36751	\$187	36748



www.yoga.rec.ubc.ca
FREE CLASSES - UBC REC Shopping Week
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

VINYASA

Vinyasa yoga offers variety in every class. 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. This practice will be sure to give you a great workout.

Fall Information

Section I - 26 sessions
 Location: SRC Dojo
 Sep 13 - Dec 8
 Tue/Thu 1:00 - 2:00pm
 FREE CLASSES Sep 13, Sep 15

Winter Information

Section I - 28 sessions
 Location: SRC Dojo
 Jan 10 - Apr 12
 Tue/Thu 1:00 - 2:00pm
 FREE CLASSES Jan 10, 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$182	36819	\$197	36815	\$216	36811
Winter	\$196	36827	\$212	36825	\$232	36823
2 Terms	\$348	36820	\$378	36816	\$420	36812

POWER YOGA FRIDAYS

Power Yoga Fridays is a great early morning start to the day. This class is sure to get you sweating with a continuous series of yoga poses and is accompanied by Vinyasa flow from one pose to another.

Fall Information

Section I - 12 sessions
 Location: SRC Studio
 Sep 16 - Dec 9
 Fri 7:30 - 8:30am
 No classes Nov 11
 FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
 Location: SRC Studio
 Jan 13 - Apr 13
 Fri 7:30 - 8:30am
 No classes Apr 6
 FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$84	36666	\$91	36664	\$100	36662
Winter	\$91	36670	\$98	36669	\$108	36668
2 Terms	\$161	36667	\$175	36665	\$195	36663

SUNDAY NIGHT VINYASA

Sunday Night Vinyasa is a great way of winding the weekend down. Following a series of postures that emphasizes movement and breath, this class will leave you feeling ready to tackle the week ahead.

Fall Information

Section I - 11 sessions
 Location: SRC Dojo
 Sep 18 - Dec 11
 Sun 6:00 - 7:00pm
 No classes Oct 9, Nov 13
 FREE CLASSES Sep 18

Winter Information

Section I - 13 sessions
 Location: SRC Dojo
 Jan 15 - Apr 15
 Sun 6:00 - 7:00pm
 No classes Apr 8
 FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$77	36761	\$83	36759	\$91	36757
Winter	\$91	36765	\$98	36764	\$108	36763
2 Terms	\$155	36762	\$168	36760	\$187	36758

AFTERNOON VINYASA

This class features a dynamic and flowing blend of poses from Ashtanga, Bikram and other styles of Vinyasa yoga. The many benefits of this class include strength, detoxification, mental and physical balance, flexibility, and stamina. Every class will be different, but you can be sure it will be challenging, sweat-inducing, and include a little bit of laughter.

Fall Information

Section I - 13 sessions
 Location: SRC Dojo
 Sep 13 - Dec 6
 Tue 4:00 - 5:00pm
 FREE CLASSES Sep 13

Section II - 11 sessions
 Location: SRC Studio
 Sep 18 - Dec 11
 Sun 4:30 - 5:30pm
 No classes Oct 9, Nov 13
 FREE CLASSES Sep 18

Winter Information

Section I - 14 sessions
 Location: SRC Dojo
 Jan 10 - Apr 10
 Tue 4:00 - 5:00pm
 FREE CLASSES Jan 10

Section II - 13 sessions
 Location: SRC Studio
 Jan 15 - Apr 15
 Sun 4:30 - 5:30pm
 No classes Apr 8
 FREE CLASSES Jan 15

Term		UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$91	36939	\$98	36946	\$108	36937
	Winter	\$98	36944	\$106	36948	\$116	37351
	2 Terms	\$174	36943	\$189	36947	\$210	36940
Sec II	Fall	\$77	37325	\$83	37329	\$91	37322
	Winter	\$91	37327	\$98	37328	\$108	37324
	2 Terms	\$155	37326	\$168	37330	\$187	37323



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

AFTERNOON ASHTANGA

Get in on this afternoon workout based on traditional yoga postures. Afternoon Ashtanga 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.

Fall Information

Section I - 13 sessions
Location: SRC Dojo
Sep 15 - Dec 8
Thu 4:00 - 5:00pm
FREE CLASSES Sep 15

Winter Information

Section I - 14 sessions
Location: SRC Dojo
Jan 12 - Apr 12
Thu 4:00 - 5:00pm
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$91	36345	\$98	36343	\$108	36341
Winter	\$98	36349	\$106	36348	\$116	36347
2 Terms	\$174	36346	\$189	36344	\$210	36342



Ashtanga

ASHTANGA

An intense workout based on traditional yoga postures. Participants will enjoy a challenging workout while practicing a continuous flow of postures that 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 - 25 sessions
Location: SRC Dojo
Sep 12 - Dec 7
Mon/Wed 5:00 - 6:00pm
No classes Oct 10
FREE CLASSES Sep 12, 14

Winter Information

Section I - 27 sessions
Location: SRC Dojo
Jan 9 - Apr 11
Mon/Wed 5:00 - 6:00pm
No classes Apr 9
FREE CLASSES Jan 9, 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$175	36363	\$189	36361	\$208	36359
Winter	\$189	36365	\$205	36369	\$224	36367
2 Terms	\$335	36364	\$364	36362	\$405	36360



Afternoon Ashtanga



Yoga Bootcamp

YOGA BOOTCAMP

Get ready to test your strength and stamina by taking your practice to the next level, leaving you invigorated and confident! The class will focus on combining breath and the movement of the poses which is sure to provide you with a great workout. Open to all levels, this class features basic poses in challenging combinations.

Fall Information

Section I - 12 sessions
Location: SRC Studio
Sep 12 - Dec 5
Mon 9:00 - 10:00am
No classes Oct 10
FREE CLASSES Sep 12

Section II - 13 sessions
Location: SRC Studio
Sep 14 - Dec 7
Wed 9:00 - 10:00am
FREE CLASSES Sep 14

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 9 - Apr 2
Mon 9:00 - 10:00am
FREE CLASSES Jan 9

Section II - 14 sessions
Location: SRC Studio
Jan 11 - Apr 11
Wed 9:00 - 10:00am
FREE CLASSES Jan 11

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$84	37043	\$91	37035	\$100	37027
	Winter	\$91	37047	\$98	37039	\$108	37031
	2 Terms	\$161	37044	\$175	37036	\$195	37028
Sec II	Fall	\$91	37045	\$98	37037	\$108	37029
	Winter	\$98	37049	\$106	37041	\$116	37033
	2 Terms	\$174	37046	\$189	37038	\$210	37030



Yoga Pilates Fusion Express



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 matwork to strengthen the core with complementary exercises. Discover the unique combination of pilates and yoga sequences to help sculpt, strengthen and stretch the body.

Fall Information

Section I - 26 sessions
 Location: SRC Dojo
 Sep 13 - Dec 8
 Tue/Thu 11:00am - 12:00pm
 FREE CLASSES Sep 13, 15

Section II - 12 sessions
 Location: SRC Studio
 Sep 16 - Dec 9
 Fri 4:30 - 5:30pm
 No classes Nov 11
 FREE CLASSES Sep 16

Winter Information

Section I - 28 sessions
 Location: SRC Dojo
 Jan 10 - Apr 12
 Tue/Thu 11:00am - 12:00pm
 FREE CLASSES Jan 10, 12

Section II - 13 sessions
 Location: SRC Studio
 Jan 13 - Apr 13
 Fri 4:30 - 5:30pm
 No classes Apr 6
 FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$182 36299	\$197 36293	\$216 36287		
	Winter	\$196 36317	\$212 36311	\$232 36305		
	2 Terms	\$348 36300	\$378 36294	\$420 36288		
Sec II	Fall	\$84 36301	\$91 36295	\$100 36289		
	Winter	\$91 36319	\$98 36313	\$108 36307		
	2 Terms	\$161 36302	\$175 36296	\$195 36290		

YOGA PILATES FUSION EXPRESS

What happens when you fuse yoga and pilates together in one great class? Amazing results incorporating long, lean muscles, a tight, strong core and blissful rejuvenation. This class delivers a high impact workout and brings the best of pilates and yoga together to ensure a well balanced workout, perfect for those wanting results fast!

Fall Information

Section I - 13 sessions
 Location: SRC Dojo
 Sep 13 - Dec 6
 Tue 12:05 - 12:55pm
 FREE CLASSES Sep 13

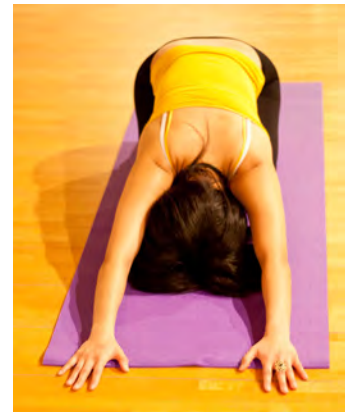
Section II - 13 sessions
 Location: SRC Dojo
 Sep 15 - Dec 8
 Thu 12:05 - 12:55pm
 FREE CLASSES Sep 15

Winter Information

Section I - 14 sessions
 Location: SRC Dojo
 Jan 10 - Apr 10
 Tue 12:05 - 12:55pm
 FREE CLASSES Jan 10

Section II - 14 sessions
 Location: SRC Dojo
 Jan 12 - Apr 12
 Thu 12:05 - 12:55pm
 FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$91 36952	\$98 36951	\$108 36950		
	Winter	\$98 36965	\$106 36959	\$116 36954		
	2 Terms	\$174 36964	\$189 36961	\$210 36956		
Sec II	Fall	\$91 36963	\$98 36958	\$108 36953		
	Winter	\$98 36966	\$106 36960	\$116 36955		
	2 Terms	\$174 36968	\$189 36962	\$210 36957		



50/50 Yoga Pilates

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

PILATES

If you are looking to develop strong and lean muscles in a relaxed setting, pilates is the ideal workout for you. UBC REC offers several variations on a pilates workout, including Pilates Reformer which integrates spring resistance for a more functional workout. To find out more details about class instructors, visit www.pilates.rec.ubc.ca.

MAT PILATES

Pilates is designed to stretch and strengthen the muscles, creating a long and lean look. Pilates improves posture, flexibility and balance. With exercises focusing on the core muscles, this work out will have you quickly feeling the burn.

Fall Information

<i>Section I - 12 sessions</i> Location: SRC Studio Sep 12 - Dec 5 Mon 10:00 - 11:00am No classes Oct 10 FREE CLASSES Sep 12	<i>Section II - 13 sessions</i> Location: SRC Studio Sep 14 - Dec 7 Wed 10:00 - 11:00am FREE CLASSES Sep 14	<i>Section III - 12 sessions</i> Location: SRC Studio Sep 16 - Dec 9 Fri 10:00 - 11:00am No classes Nov 11 FREE CLASSES Sep 16	<i>Section IV - 25 sessions</i> Location: SRC Dojo Sep 12 - Dec 7 Mon/Wed 4:00 - 5:00pm No classes Oct 10 FREE CLASSES Sep 12, 14	<i>Section V - 26 sessions</i> Location: SRC Studio Sep 13 - Dec 8 Tue/Thu 1:00 - 2:00pm FREE CLASSES Sep 13, 15
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Winter Information

<i>Section I - 13 sessions</i> Location: SRC Studio Jan 9 - Apr 2 Mon 10:00 - 11:00am FREE CLASSES Jan 9	<i>Section II - 14 sessions</i> Location: SRC Studio Jan 11 - Apr 11 Wed 10:00 - 11:00am FREE CLASSES Jan 11	<i>Section III - 13 sessions</i> Location: SRC Studio Jan 13 - Apr 13 Fri 10:00 - 11:00am No classes Apr 6 FREE CLASSES Jan 13	<i>Section IV - 27 sessions</i> Location: SRC Dojo Jan 9 - Apr 11 Mon/Wed 4:00 - 5:00pm No classes Apr 9 FREE CLASSES Jan 9, 11	<i>Section V - 28 sessions</i> Location: SRC Studio Jan 10 - Apr 12 Tue/Thu 1:00 - 2:00pm FREE CLASSES Jan 10, 12
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Mat Pilates

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$94 36618	\$103 36607	\$109 36596		
	Winter	\$102 36641	\$111 36635	\$118 36629		
	2 Terms	\$182 36622	\$196 36608	\$210 36597		
Sec II	Fall	\$102 36619	\$111 36609	\$118 36598		
	Winter	\$110 36642	\$120 36636	\$127 36630		
	2 Terms	\$197 36623	\$212 36610	\$227 36599		
Sec III	Fall	\$94 36620	\$103 36611	\$109 36600		
	Winter	\$102 36643	\$111 36638	\$118 36632		
	2 Terms	\$182 36624	\$196 36612	\$210 36604		
Sec IV	Fall	\$196 36621	\$214 36613	\$227 36605		
	Winter	\$212 36644	\$231 36640	\$245 36634		
	2 Terms	\$379 36625	\$408 36614	\$437 36606		
Sec V	Fall	\$204 36626	\$223 36615	\$236 36601		
	Winter	\$220 36878	\$240 36877	\$254 36876		
	2 Terms	\$393 36875	\$423 36874	\$454 36873		

PILATES PRIVATE & PILATES DUO

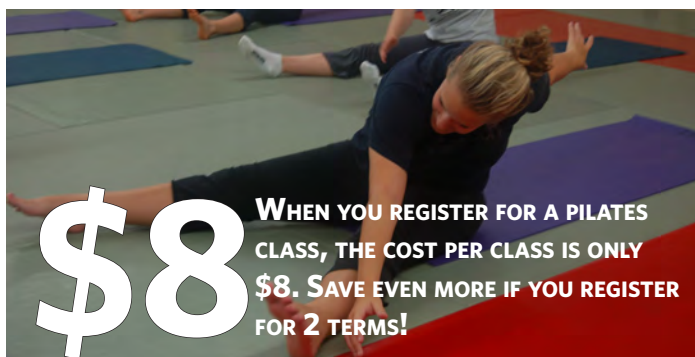
Optimal results are attained through individually tailored pilates sessions that incorporate reformer and mat work, assessments (alignment and Functional Movement Screening), and release work as needed. The one on one attention provided allows each client to take their practice to the next level, as they will develop a better understanding of their own habits, needs, personal modifications and exercises that are of particular benefit to them. Personal goals are addressed, and additional homework exercises are provided so that you can work at achieving your goals after the session as well! Private sessions are particularly encouraged for those who are new to pilates as well as those recovering from injury and those requiring specific training to advance further in their sport or activity. Classes are booked based on availability of space.

Fall Information

1 or 5 sessions
Location: Studio
Sep 5 - Dec 23
Day & time are based on booking

Winter Information

1 or 5 sessions
Location: Studio
Jan 3 - Apr 27
Day & time are based on booking



\$8

WHEN YOU REGISTER FOR A PILATES CLASS, THE COST PER CLASS IS ONLY \$8. SAVE EVEN MORE IF YOU REGISTER FOR 2 TERMS!

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Solo	Fall	\$74 37935	\$77 37931	\$80 37927		
	Fall (5 sessions)	\$330 37936	\$340 37932	\$352 37928		
	Winter	\$74 37937	\$77 37933	\$80 37929		
	Winter (5 sessions)	\$330 37938	\$340 37934	\$352 37930		
	Duo	Fall	\$102 38144	\$105 38146	\$108 38059	
Duo	Fall (5 sessions)	\$418 38145	\$428 38147	\$438 38060		
	Winter	\$102 38148	\$105 38150	\$108 38061		
	Winter (5 sessions)	\$418 38149	\$428 38154	\$438 38062		

www.pilates.rec.ubc.ca
FREE CLASSES - UBC REC Shopping Week
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

REFORMER PILATES

Take your fitness to a new level with Reformer Pilates classes. 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 - 12 sessions
Location: SRC Studio
Sep 16 - Dec 9
Fri 2:00 - 3:00pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 13 - Apr 13
Fri 2:00 - 3:00pm
No classes Apr 6
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$195	36683	\$205	36677	\$215	36671
Winter	\$211	36696	\$222	36693	\$233	36689
2 Terms	\$392	36684	\$406	36678	\$427	36672

PILATES FUSION

The focus of this class is balance within - starting with a gentle warm up, and moving into a combination of postures flowing together to allow you to feel strong and centered. Class will conclude with restorative postures and relaxation. A great workout, together with a sense of calm and relaxation makes for the perfect combination!

Fall Information

Section I - 12 sessions
Location: SRC Dojo
Sep 12 - Dec 5
Mon 11:00am - 12:00pm
No classes Oct 10
FREE CLASSES Sep 12

Section II - 12 sessions
Location: SRC Dojo
Sep 16 - Dec 9
Fri 11:00am - 12:00pm
No classes Nov 11
FREE CLASSES Sep 16

Section III - 12 sessions
Location: SRC Dojo
Sep 16 - Dec 9
Fri 4:00 - 5:00pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Dojo
Jan 9 - Apr 2
Mon 11:00am - 12:00pm
FREE CLASSES Jan 9

Section II - 13 sessions
Location: SRC Dojo
Jan 13 - Apr 13
Fri 11:00am - 12:00pm
No classes Apr 6
FREE CLASSES Jan 13

Section III - 13 sessions
Location: SRC Dojo
Jan 13 - Apr 13
Fri 4:00 - 5:00pm
No classes Apr 6
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$94	36660	\$103	36658	\$109	36656
	Winter	\$102	36913	\$111	36907	\$118	36901
	2 Terms	\$182	36892	\$196	36890	\$210	36888
Sec II	Fall	\$94	36661	\$103	36659	\$109	36657
	Winter	\$102	36914	\$111	36908	\$118	36902
	2 Terms	\$182	36893	\$196	36891	\$210	36889
Sec III	Fall	\$94	36898	\$103	36896	\$109	36894
	Winter	\$102	36917	\$111	36911	\$118	36905
	2 Terms	\$182	36899	\$196	36897	\$210	36895

WANT MORE VARIETY? DON'T MISS OUT ON THE COMBINED YOGA/PILATES CLASSES ON P. 14.

SUNDAY MORNING PILATES

A great way to start a holistic 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.

Fall Information

Section I - 11 sessions
Location: SRC Dojo
Sep 18 - Dec 11
Sun 10:00 - 11:00am
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 13 sessions
Location: SRC Dojo
Jan 15 - Apr 15
Sun 10:00 - 11:00am
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$86	36743	\$94	36741	\$100	36739
Winter	\$102	36747	\$111	36746	\$118	36745
2 Terms	\$175	36744	\$188	36742	\$202	36740



PILATES MAT-TO-REFORM

If you want to take mat pilates to another level, try our new combo class for a more complete workout and challenge. Mat pilates concentrates on strong core work and stabilization of the torso. Reformer pilates uses spring loaded weight resistance to add challenging exercises. This class will provide an excellent intro to learn the basics of Reformer work with progression to more complex exercises throughout the 2 terms.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 13 - Dec 6
Tue 10:00 - 11:00am
FREE CLASSES Sep 13

Section II - 13 sessions
Location: SRC Studio
Sep 15 - Dec 8
Thu 10:00 - 11:00am
FREE CLASSES Sep 15

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 10 - Apr 10
Tue 10:00 - 11:00am
FREE CLASSES Jan 10

Section II - 14 sessions
Location: SRC Studio
Jan 12 - Apr 12
Thu 10:00 - 11:00am
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$131	36993	\$139	36988	\$146	36978
	Winter	\$141	36995	\$149	36990	\$157	36979
	2 Terms	\$257	36997	\$272	36992	\$287	36980
Sec II	Fall	\$131	36994	\$139	36987	\$146	36981
	Winter	\$141	36996	\$149	36989	\$157	36986
	2 Terms	\$257	36998	\$272	36991	\$287	36982

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

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 Tai Chi to Salsa Dance Fit our health classes will help improve your mental awareness and reduce your levels of stress, all while you get a great workout. Brand new for this year is the MMA Extreme Workout which provides a great variation on the traditional workout. For the most up to date information about course instructors and UBC REC's health classes, visit www.health.rec.ubc.ca.

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 tranquility. 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.

Fall Information

Section I - 12 sessions
Location: SRC Studio
Sep 12 - Dec 5
Mon 8:00 - 9:00am
No classes Oct 10
FREE CLASSES Sep 12

Section II - 13 sessions
Location: SRC Studio
Sep 14 - Dec 7
Wed 8:00 - 9:00am
FREE CLASSES Sep 14

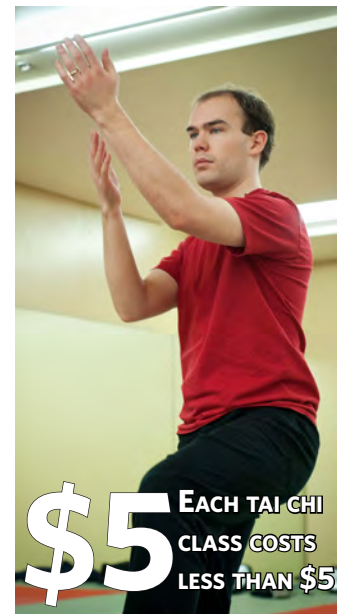
Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 9 - Apr 2
Mon 8:00 - 9:00am
No classes Apr 9
FREE CLASSES Jan 9

Section II - 14 sessions
Location: SRC Studio
Jan 11 - Apr 11
Wed 8:00 - 9:00am
FREE CLASSES Jan 11



Tai Chi



\$5 EACH TAI CHI CLASS COSTS LESS THAN \$5

ZUMBA

Zumba 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 in an exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Fall Information

Section I - 12 sessions
Location: SRC Studio
Sep 12 - Dec 5
Mon 6:30 - 7:30pm
No classes Oct 10
FREE CLASSES Sep 14, 16

Section II - 12 sessions
Location: SRC Studio
Sep 16 - Dec 9
Fri 3:30 - 4:30pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 9 - Apr 2
Mon 6:30 - 7:30pm
FREE CLASSES Jan 9

Section II - 13 sessions
Location: SRC Studio
Jan 13 - Apr 13
Fri 3:30 - 4:30pm
No classes Apr 6
FREE CLASSES Jan 13

LUNCH TIME TAI CHI

Looking to de-stress or improve your health during your lunch break? 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
Location: SRC Dojo
Sep 14 - Dec 7
Wed 11:00am - 12:00pm
FREE CLASSES Sep 14

Winter Information

Section I - 14 sessions
Location: SRC Dojo
Jan 11 - Apr 11
Wed 11:00am - 12:00pm
FREE CLASSES Jan 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$69	36591	\$76	36589	\$84	36587
Winter	\$74	36595	\$82	36594	\$90	36593
2 Terms	\$129	36592	\$144	36590	\$159	36588

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$104	36838	\$111	36835	118	36832
	Winter	\$113	36843	\$120	36842	128	36841
	2 Terms	\$203	36839	\$217	36836	231	36833
Sec II	Fall	\$104	36840	\$111	36837	118	36834
	Winter	\$113	36936	\$120	36935	128	36846
	2 Terms	\$203	36934	\$217	36933	231	36932

www.health.rec.ubc.ca

FREE CLASSES - UBC REC Shopping Week
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

DANCE FIT

Have fun, dance, and define! This body conditioning class uses ballet, pilates, strength training and yoga-inspired movements designed to use your own body weight to develop long, lean muscles and the flexibility of a dancer. No dance experience necessary! Use the tools which keep dancers in shape and strong!

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 15 - Dec 8
Thu 3:30 - 4:30pm
FREE CLASSES Sep 15

Section II - 12 sessions
Location: SRC Studio
Sep 16 - Dec 9
Fri 8:30 - 9:30am
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 12 - Apr 12
Thu 3:30 - 4:30pm
FREE CLASSES Jan 12

Section II - 13 sessions
Location: SRC Studio
Jan 13 - Apr 13
Fri 8:30 - 9:30am
No classes Apr 6
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$113 37285	\$120 37284	\$128 37281		
	Winter	\$122 37286	\$129 37297	\$138 37282		
	2 Terms	\$220 37302	\$235 37292	\$250 37288		
Sec II	Fall	\$104 37301	\$111 37291	\$118 37287		
	Winter	\$113 37304	\$120 37298	\$128 37290		
	2 Terms	\$203 37303	\$217 37293	\$231 37289		



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. Expect to get a really good workout while still having fun.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 14 - Dec 7
Wed 1:00 - 2:00pm
FREE CLASSES Sep 14

Section II - 11 sessions
Location: SRC Studio
Sep 18 - Dec 11
Sun 10:00 - 11:00am
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 11 - Apr 11
Wed 1:00 - 2:00pm
FREE CLASSES Jan 11

Section II - 13 sessions
Location: SRC Studio
Jan 15 - Apr 15
Sun 10:00 - 11:00am
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$127 36710	\$135 36705	\$142 36700		
	Winter	\$137 36719	\$145 36717	\$153 36715		
	2 Terms	\$250 36711	\$265 36706	\$280 36701		
Sec II	Fall	\$108 36712	\$114 36707	\$120 36702		
	Winter	\$127 36720	\$135 36718	\$142 36716		
	2 Terms	\$222 36713	\$235 36708	\$249 36703		

MMA EXTREME WORKOUT

MMA Extreme workouts are designed specifically using the techniques of MMA fighters as a variation to your regular workout routine. Just as boxing and kickboxing workouts are used by non-fighters, the MMA workout will provide increased cardio and strength and is suitable for anyone wishing to push their limits and attain a higher level of physical fitness.

Fall Information

Section I - 12 sessions
Location: SRC Dojo
Sep 16 - Dec 9
Fri 5:00 - 7:00pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Dojo
Jan 13 - Apr 13
Fri 5:00 - 7:00pm
No classes Apr 6
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$121 37005	\$128 37002	\$134 36999			
Winter	\$131 37006	\$138 37003	\$146 37000			
2 Terms	\$238 37007	\$252 37004	\$266 37001			

INTERESTED IN SOME MORE MIXED MARTIAL ARTS TRAINING? BE SURE TO CHECK OUT INTRO TO MMA ON P. 20.

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

MARTIAL ARTS

UBC REC offers a variety of martial arts instructional classes taught by experienced martial arts instructors. Integrating discipline, precision, power, and self-defence, martial arts classes will increase your inner and outer strength. Classes include Aikido, Capoeira, Tae Kwon Do, Karate, and more! Visit us at www.martialarts.ubc.ca to get all the details on class instructors and details about our dojo.



\$8
ON AVERAGE,
UBC REC
MARTIAL ARTS
COURSES COST
LESS THAN **\$8**
PER CLASS

Judo



Hung Gar Kung Fu



Women's Self-Defence

HUNG GAR KUNG FU

From the School of Raymond Cheung, Hung Gar is an aggressive, hard style of Kung Fu that is characterized by strong hand movements with very strong stances and footwork. Participants can expect to learn the fundamentals of Hung Gar fighting philosophy, basic training techniques, and traditional methods, while enjoying a collegial atmosphere.

Fall Information

Section I - 12 sessions
Location: SRC Dojo
Sep 17 - Dec 17
Sat 11:30am - 1:30pm
No classes Oct 8, Nov 12
FREE CLASSES Sep 17

Winter Information

Section I - 15 sessions
Location: SRC Dojo
Jan 14 - Apr 28
Sat 11:30am - 1:30pm
No classes Apr 7
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$101	36519	\$108	36517	\$114	36515
Winter	\$126	36523	\$134	36522	\$143	36521
2 Terms	\$212	36520	\$227	36518	\$243	36516

JUDO

Perhaps the roughest of the martial arts, Judo uses the genuine rough and-tumble grappling phase of unarmed combat. UBC REC Judo instructors are Judo Canada and NCCP (National Coaching Certification Program) certified.

Fall Information

Section I - 29 sessions
Location: SRC Dojo
Sep 12 - Dec 21
Mon/Wed 7:30 - 9:00pm
No classes Oct 10
FREE CLASSES Sep 12, 14

Winter Information

Section I - 31 sessions
Location: SRC Dojo
Jan 9 - Apr 25
Mon/Wed 7:30 - 9:00pm
No classes Apr 9
FREE CLASSES Jan 9, 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$216	36564	\$232	36562	\$252	36560
Winter	\$231	36568	\$248	36567	\$269	36566
2 Terms	\$382	36565	\$415	36563	\$443	36561

ADVANCED JUDO

UBC REC Judo or accepted level of study is recommended for participation in Advanced Judo. Perhaps the roughest of the martial arts, Judo uses the genuine rough and tumble grappling phase of unarmed combat. UBC REC Judo instructors are Judo Canada and NCCP (National Coaching Certification Program) certified.

Fall Information

Section I - 12 sessions
Location: SRC Dojo
Sep 17 - Dec 17
Sat 3:00 - 5:00pm
No classes Oct 8, Nov 12
FREE CLASSES Sep 17

Winter Information

Section I - 15 sessions
Location: SRC Dojo
Jan 14 - Apr 28
Sat 3:00 - 5:00pm
No classes Apr 7
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$97	36336	\$104	36334	\$111	36332
Winter	\$122	36340	\$130	36339	\$139	36338
2 Terms	\$204	36337	\$219	36335	\$234	36333

WOMEN'S SELF-DEFENCE

Women's Self-Defence is a class designed for crime prevention, self-defence, personal safety, and empowerment. Women learn how to protect themselves from a single unarmed assailant, armed assailants, and multiple assailants.

Fall Information

Section I - 13 sessions
Location: SRC Dojo
Sep 13 - Dec 6
Tue 5:00 - 6:00pm
FREE CLASSES Sep 13

Winter Information

Section I - 14 sessions
Location: SRC Dojo
Jan 10 - Apr 10
Tue 5:00 - 6:00pm
FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$66	36844	\$73	36852	\$80	36850
Winter	\$71	36858	\$78	36857	\$86	36856
2 Terms	\$121	36845	\$136	36853	\$151	36851

www.martialarts.rec.ubc.ca

FREE CLASSES - UBC REC Shopping Week

Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

THAI KICKBOXING

Strength, speed, power, endurance, self-defence, and confidence. These are just some of the skills and attributes you can develop in this early morning workout offered through UBC REC. Attention to detail is key, as you will learn the fundamentals of the ancient art of Muay Thai, which uses eight points of contact through the use of kicks, punches, elbow and knee strikes. Emphasis will be placed on building your technique in these major movements, progressing to combine them into devastating killer combos. Methods of training will involve skipping, shadow kickboxing, focus pads, bag work, and strength and cardio training drills.

Fall Information

Section I - 26 sessions
Location: SRC Studio
Sep 13 - Dec 8
Tue/Thu 8:00 - 9:00am
FREE CLASSES Sep 13, 15

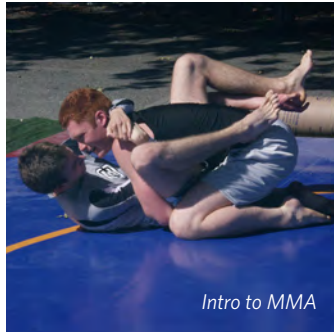
Winter Information

Section I - 28 sessions
Location: SRC Studio
Jan 10 - Apr 12
Tue/Thu 8:00 - 9:00am
FREE CLASSES Jan 10, 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$160	37024	\$174	37020	\$190	37017
Winter	\$172	37025	\$188	37022	\$204	37019
2 Terms	\$300	37026	\$332	37021	\$364	37018



Thai Kickboxing



Intro to MMA

INTRO TO MMA

This course will develop practical skills in the fighting areas of stand-up (kicking, knees and elbows), clinch (locks, and takedowns) and ground (positions, transitions, submissions). The course will include techniques from various martial arts styles and will focus on reflex development for practical application in sport and/or combat situations. Sparring will be optional. The program will stress the importance of a positive team approach to the development of all participants. The course will include gi and no-gi applications as well as strenuous workout components.

Fall Information

Section I - 11 sessions
Location: SRC Dojo
Sep 18 - Dec 11
Sun 3:00 - 5:00pm
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 13 sessions
Location: SRC Dojo
Jan 15 - Apr 15
Sun 3:00 - 5:00pm
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$108	36546	\$116	36544	\$129	36542
Winter	\$128	36550	\$137	36549	\$153	36548
2 Terms	\$222	36547	\$239	36545	\$269	36543

KOBUDO

This class combines traditional Japanese and Okinawan weapon techniques. Wooden sword (bokken), pronged dagger (sai), and handled club (tonfa) training include conditioning (tanren), techniques and movement (ido), preset routines/forms (kata), practical application (bunkai), and controlled sparring (kumite). Benefits include agility, precision, timing, fitness, concentration, confidence, and courtesy.

Fall Information

Section I - 15 sessions
Location: SRC Dojo
Sep 15 - Dec 22
Thu 5:00 - 6:00pm
FREE CLASSES Sep 15

Winter Information

Section I - 16 sessions
Location: SRC Dojo
Jan 12 - Apr 26
Thu 5:00 - 6:00pm
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$87	36976	\$94	36973	\$102	36969
Winter	\$92	36975	\$100	36972	\$109	36970
2 Terms	\$161	36977	\$177	36974	\$194	36971

IAIDO

Iaido is the traditional Japanese martial art focused on the method of drawing and cutting with the Samurai sword. Modern Iaido training focuses on development of mental discipline through control of body and sword movements. There is no contact, and no competition against one another. Forms, or waza, are performed individually, against an imagined opponent in order to develop balance and coordination. All levels welcome.

Fall Information

Section I - 26 sessions
Location: SRC Studio
Sep 13 - Dec 17
Tue 6:30 - 8:00pm
Sat 9:30 - 11:30am
No classes Oct 8, 12, Nov 12
FREE CLASSES Sep 13, 17

Winter Information

Section I - 31 sessions
Location: SRC Studio
Jan 10 - Apr 28
Tue 6:30 - 8:00pm
Sat 9:30 - 11:30am
No classes Apr 7
FREE CLASSES Jan 10, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$162	36528	\$179	36526	\$193	36524
Winter	\$193	36532	\$214	36531	\$229	36530
2 Terms	\$322	36529	\$352	36527	\$379	36525



Iaido

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

JU JUTSU

Classical Ju Jutsu is the close-quarters combat system developed over centuries by Japan's warrior class. Classical Ju Jutsu emphasizes grappling techniques although its syllabus also includes striking, and the use of a variety of classical weapons, such as the sword, dagger and staff. The instructor, Alex Kask, was trained in Japan, and is recognised as the Canadian representative of the masters of Takenouchi-ryu, Daito-ryu and Tenjin Shin'yo-ryu.

Fall Information

Section I - 41 sessions
 Location: SRC Dojo
 Sep 12 - Dec 21
 Mon/Wed 6:00 - 7:30pm
 Sat 9:30 - 11:30am
 No classes Oct 8, 10, Nov 12
 FREE CLASSES Sep 12, 14, 17

Winter Information

Section I - 46 sessions
 Location: SRC Dojo
 Jan 9 - Apr 28
 Mon/Wed 6:00 - 7:30pm
 Sat 9:30 - 11:30am
 No classes Apr 7, 9
 FREE CLASSES Jan 9, 11, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$236	36555	\$257	36553	\$280	36551
Winter	\$265	36559	\$289	36558	\$314	36557
2 Terms	\$453	36556	\$497	36554	\$546	36552



HAPKIDO

Hapkido is a ruthlessly effective means of self-defence. It uses all ranges and methods of technique, including throws similar to those of both Aikido and Judo, kicks and punches not unlike those of Karate and Tae Kwon Do, nerve and pressure point attacks, joint locks and the use of both formal and improvised weapons.

Fall Information

Section I - 30 sessions
 Location: SRC Dojo
 Sep 13 - Dec 22
 Tue/Thu 7:30 - 9:00pm
 FREE CLASSES Sep 13, 15

Winter Information

Section I - 32 sessions
 Location: SRC Dojo
 Jan 10 - Apr 26
 Tue/Thu 7:30 - 9:00pm
 FREE CLASSES Jan 10, 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$223	36444	\$240	36442	\$260	36440
Winter	\$238	36448	\$256	36447	\$278	36446
2 Terms	\$394	36445	\$429	36443	\$458	36441

TAE KWON DO

Tae Kwon Do is a modern Korean martial art characterised by high and fast spinning kicks. Officially incorporated as Korea's national sport in 1961, TKD is now an Olympic sport, and there are over 50 million people who practice worldwide. UBC REC's TKD instructors are from Kee's Tae Kwon Do school and are affiliated with the World Tae Kwon Do Federation. Tae Kwon Do workouts involve stretching, forms, a cardio workout and culminate in sparring.

Fall Information

Section I - 41 sessions
 Location: SRC Studio
 Sep 12 - Dec 22
 Mon/Thu 8:00 - 9:30pm
 Sat 1:30 - 3:00pm
 No classes Oct 8, 10, Nov 12
 FREE CLASSES Sep 12, 15, 17

Winter Information

Section I - 46 sessions
 Location: SRC Studio
 Jan 9 - Apr 28
 Mon/Thu 8:00 - 9:30pm
 Sat 1:30 - 3:00pm
 No classes Apr 7, 9
 FREE CLASSES Jan 9, 12, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$236	36770	\$257	36769	\$280	36766
Winter	\$265	36774	\$289	36773	\$314	36772
2 Terms	\$447	36771	\$497	36768	\$546	36767



SHOTOKAN KARATE

Shotokan Karate is a widely popular form of karate involving punches, kicks, blocks, forms and sparring. Initially, classes are geared to beginner students, with more advanced lessons being introduced as the year progresses. Participants get a strong workout and improve their conditioning and flexibility while learning self-defence, mental discipline and gaining self-confidence. All lessons are carefully supervised by certified black belts to minimize any risk of injury. All levels welcome.

Fall Information

Section I - 27 sessions
 Location: SRC Studio
 Sep 14 - Dec 21
 Wed 6:30 - 8:00pm
 Sat 11:30am - 1:30pm
 No classes Oct 8, Nov 12
 FREE CLASSES Sep 14, 17

Winter Information

Section I - 31 sessions
 Location: SRC Studio
 Jan 11 - Apr 28
 Wed 6:30 - 8:00pm
 Sat 11:30am - 1:30pm
 No classes Apr 7
 FREE CLASSES Jan 11, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$204	36725	\$216	36723	\$234	36721
Winter	\$234	36729	\$248	36728	\$269	36727
2 Terms	\$389	36726	\$415	36724	\$454	36722

CAPOEIRA

Ache Brasil Capoeira is a Brazilian art form which combines dance, music, acrobatics and, of course, martial art. Known as the secret dance of Brazil, Capoeira is an astonishing display of acrobatics, breath-taking kicks and self defence tactics performed to the live music of drums and Berimbau (an ancient stringed bow-like instrument). The instructor, Mestre Eclilson DeJesus, has presented shows throughout North America, and has appeared on the Vicki Gabereau Show, the West Coast Music Awards, and Much Music. All levels are welcome.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 14 - Dec 7
Wed 8:00 - 9:30pm
FREE CLASSES Sep 14

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 11 - Apr 11
Wed 8:00 - 9:30pm
FREE CLASSES Jan 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$171	36423	\$182	36421	\$197	36419
Winter	\$184	36427	\$196	36426	\$212	36425
2 Terms	\$333	36424	\$355	36422	\$386	36420



Capoeira



Nihon Goju Karate

AIKIDO

Aikido is a modern Japanese martial art based on the principle of non-conflict. In Aikido, one uses powerful, circular movements to blend with an opponent's attack and redirect the attack into a throw or immobilization, bringing the conflict to a peaceful resolution. Aikido helps develop one's flexibility, stability, and coordination of body and mind. This class will focus on the development of the mental and spiritual aspects of Aikido as well as the physical.

Fall Information

Section I - 42 sessions
Location: SRC Dojo
Sep 12 - Dec 21
Mon/Wed/Fri 7:00 - 9:00am
No classes Oct 10, Nov 11
FREE CLASSES Sep 12, 14, 16

Winter Information

Section I - 46 sessions
Location: SRC Dojo
Jan 9 - Apr 27
Mon/Wed/Fri 7:00 - 9:00am
No classes Apr 6, 9
FREE CLASSES Jan 9, 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$176	36354	\$193	36352	\$212	36350
Winter	\$193	36358	\$211	36357	\$232	36356
2 Terms	\$320	36355	\$355	36353	\$394	36351

WITH SO MANY VARIATIONS OF MARTIAL ARTS, IT'S IMPORTANT TO FIND THE RIGHT FIT FOR YOU. GIVE EACH A TRY DURING SHOPPING WEEK RUNNING SEPTEMBER 12-18 AND JANUARY 9 - 15.

NIHON GOJU KARATE

We practice the Japanese style of Goju (Hard/Soft) that blends linear action from Japanese karate with the circular movement of Chinese martial arts. Nihon Goju Karate emphasizes flow and balance in a cooperative and non-competitive environment that works well for both men and women.

Fall Information

Section I - 15 sessions
Location: SRC Dojo
Sep 15 - Dec 22
Thu 6:00 - 7:30pm
FREE CLASSES Sep 15

Section II - 12 sessions
Location: SRC Dojo
Sep 18 - Dec 18
Sun 11:30am - 1:30pm
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 16 sessions
Location: SRC Dojo
Jan 12 - Apr 26
Thu 6:00 - 7:30pm
FREE CLASSES Jan 12

Section II - 14 sessions
Location: SRC Dojo
Jan 15 - Apr 22
Sun 11:30am - 1:30pm
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$105	36651	\$113	36649	\$126	36647
	Winter	\$112	36655	\$121	36654	\$134	36653
	2 Terms	\$200	36652	\$217	36650	\$243	36648
Sec II	Fall	\$101	36883	\$108	36881	\$114	36879
	Winter	\$118	36887	\$125	36886	\$133	36885
	2 Terms	\$204	36884	\$218	36882	\$234	36880

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

DANCE

UBC REC offers a variety of dance classes taught by energetic instructors. Jazz, Hip Hop, Ballet, and Tango, are just a few to get you started. For couples and friends, don't miss out on our Tango and Ballroom Bootcamp classes which offer discounted rates for signing up as a pair. All dance classes are designed to meet the needs of all skill levels! To find out more about the different styles of dance and the instructors teaching, go to www.dance.rec.ubc.ca.

PUSSY CAT DOLLS - HIP HOP

Sexy, flirty, feminine hip hop! Learn the popular dance moves of the Pussycat Dolls, Beyoncé, and others, through warm-up and choreography that is sure to make you sweat and feel sexy! Improve coordination, have fun, and explore this dance style in a female-only welcoming environment. All levels welcome!

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 13 - Dec 6
Tue 5:30 - 6:30pm
FREE CLASSES Sep 13

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 10 - Apr 10
Tue 5:30 - 6:30pm
FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$115	37012	\$123	37010	\$130	37008
Winter	\$124	37013	\$133	37011	\$140	37009
2 Terms	\$224	37016	\$240	37015	\$254	37014

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. All levels welcome.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 14 - Dec 7
Wed 4:30 - 5:30pm
FREE CLASSES Sep 14

Section II - 13 sessions
Location: SRC Studio
Sep 15 - Dec 8
Thu 5:30 - 6:30pm
FREE CLASSES Sep 15

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 11 - Apr 11
Wed 4:30 - 5:30pm
FREE CLASSES Jan 11

Section II - 14 sessions
Location: SRC Studio
Jan 12 - Apr 12
Thu 5:30 - 6:30pm
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$115	36497	\$123	36492	\$130	36485
	Winter	\$124	36511	\$133	36508	\$140	36503
	2 Terms	\$224	36498	\$240	36494	\$254	36487
Sec II	Fall	\$115	36499	\$123	36491	\$130	36486
	Winter	\$124	36512	\$133	36507	\$140	36504
	2 Terms	\$224	36500	\$240	36493	\$254	36488

www.dance.rec.ubc.ca

FREE CLASSES - UBC REC Shopping Week

Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

LATIN FUNK

This is the original, the best and the first Latin dance fusion class in Vancouver, Latin Funk Dance®. This high energy dance class features a mix of 8 Latin styles, Salsa, Merengue, Mambo, Cumbia, Cha-Cha, Reggaeton, Bachata and Rumba with splash of Hip Hop, Afro/Funk and Jazz! This dance class concentrates on proper Latin dance technique, authentic dance moves, and proper dance frame! No partner required.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 13 - Dec 6
Tue 3:30 - 4:30pm
FREE CLASSES Sep 13

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 10 - Apr 10
Tue 3:30 - 4:30pm
FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$127	36574	\$135	36571	\$142	36569
Winter	\$137	36577	\$145	36576	\$153	36575
2 Terms	\$250	36573	\$265	36572	\$280	36570

BURLESQUE

Awaken your inner feminine vixen! Learn sexy, tease-worthy dance steps in a comfortable and welcoming environment. Feel sexy and sassy through every step. Embrace your inner goddess. No dance experience necessary.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 13 - Dec 6
Tue 8:00 - 9:00pm
FREE CLASSES Sep 13

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 10 - Apr 10
Tue 8:00 - 9:00pm
FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$124	36415	\$131	36414	\$142	36413
Winter	\$133	36418	\$141	36417	\$153	36416
2 Terms	\$240	36863	\$256	36862	\$280	36861



Hip Hop

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 always 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 skills that the class is working on.

Fall Information

Section I - 12 sessions
Location: SRC Studio
Sep 12 - Dec 5
Mon 2:30 - 4:00pm
No classes Oct 10
FREE CLASSES Sep 12

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 9 - Apr 2
Mon 2:30 - 4:00pm
FREE CLASSES Jan 9

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$128	36393	\$134	36391	\$143	36389
Winter	\$138	36397	\$146	36396	\$155	36395
2 Terms	\$252	36394	\$266	36392	\$284	36390

LYRICAL JAZZ

Lyrical tends to be a softer style of jazz. It uses the lyrics more to inspire the movement, so it 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 pliés, tonduis, stretching, sit ups, kicks, and push ups.

Fall Information

Section I - 12 sessions
Location: SRC Studio
Sep 12 - Dec 5
Mon 4:00 - 5:30pm
No classes Oct 10
FREE CLASSES Sep 12

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 9 - Apr 2
Mon 4:00 - 5:30pm
FREE CLASSES Jan 9

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$128	36582	\$134	36580	\$143	36578
Winter	\$138	36586	\$146	36585	\$155	36584
2 Terms	\$252	36583	\$266	36581	\$284	36579



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 term begins with an introduction to the basic steps and terminology of ballet. Each class will begin with a series of barre exercises in preparation for center work and traveling steps across the floor. As we move through the term and into the winter term, students will begin learning two short pieces of choreography from both the classical and contemporary traditions.

Fall Information

Section I - 11 sessions
Location: SRC Studio
Sep 18 - Dec 11
Sun 3:00 - 4:30pm
No classes Oct 9, Nov 13
FREE CLASSES Sept 18

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 15 - Apr 15
Sun 3:00 - 4:30pm
No classes Apr 8
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$117	36537	\$123	36535	\$129	36533
Winter	\$138	36541	\$146	36540	\$153	36539
2 Terms	\$242	36538	\$255	36536	\$273	36534

DON'T MISS OUT ON UBC REC'S DANCE FIT CLASSES ON P. 18. OUR DANCE FIT CLASSES WILL GET YOUR HEART RACING WHILE YOU HAVE A GOOD TIME LEARNING SOME NEW MOVES. BE SURE TO INCLUDE THEM IN THE MIX WHEN YOU TRY OUT CLASSES DURING SHOPPING WEEK RUNNING SEPTEMBER 12-18 AND JANUARY 9-15.

BELLY DANCE

The belly dance of today is comprised of modern as well as ancient multicultural influences and offers surprising benefits to participants of all ages and skill levels. Fall Term will focus on foundation movements and technique work, then combining those movements together to form simple choreographies. In the winter term, participants will continue to perfect their technique while learning even more new movements and combinations. In addition, use of props (eg. veils, cane, etc.), more complex choreography, and some music interpretation will be taught. Please bring a scarf to tie around your hips and a water bottle. Ladies only.

Fall Information

Section I - 13 sessions
Location: SRC Studio
Sep 15 - Dec 8
Thu 6:30 - 8:00pm
FREE CLASSES Sep 15

Winter Information

Section I - 14 sessions
Location: SRC Studio
Jan 12 - Apr 12
Thu 6:30 - 8:00pm
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$138	36404	\$146	36401	\$155	36398
Winter	\$149	36411	\$157	36409	\$167	36407
2 Terms	\$272	36405	\$287	36403	\$307	36400

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

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 - 12 sessions
Location: SRC Studio
Sep 16 - Dec 9
Fri 7:00 - 8:30pm
No classes Nov 11
FREE CLASSES Sep 16

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 13 - Apr 13
Fri 7:00 - 8:30pm
No classes Apr 6
FREE CLASSES Jan 13

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Single	Fall	\$128	36795	\$134	36791	\$143	36787
	Winter	\$138	36807	\$146	36803	\$155	36799
	2 Terms	\$252	36797	\$266	36793	\$284	36789
Pair	Fall	\$242	36796	\$255	36792	\$273	36788
	Winter	\$262	36808	\$277	36804	\$296	36800
	2 Terms	\$476	36798	\$504	36794	\$532	36790



Belly Dance

BALLROOM BOOTCAMP

Dancing is a great way to meet new people, have fun, learn popular dances and exercise at the same time! Both singles and couples are welcome in this fun filled program. The fall term series will focus on Swing, Mambo, Samba and Argentine Tango. While the winter term will focus on Merengue, Cha Cha, West Coast Swing and Bachata. These lively and fun classes will appeal to newcomers as well as those looking to improve their enjoyment of dancing while getting exercise at the same time!

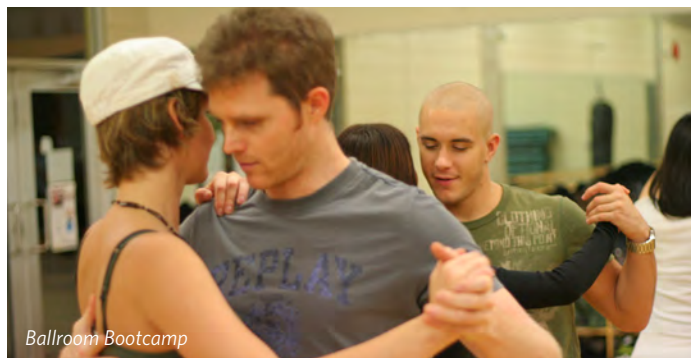
Fall Information

Section I - 11 sessions
Location: SRC Studio
Sep 18 - Dec 11
Sun 6:00 - 7:30pm
No classes Oct 9, Nov 13
FREE CLASSES Sep 18

Winter Information

Section I - 13 sessions
Location: SRC Studio
Jan 15 - Apr 15
Sun 6:00 - 7:30pm
No classes Apr 8
FREE CLASSES Jan 15

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Single	Fall	\$129	36379	\$136	36375	\$142	36371
	Winter	\$153	36387	\$160	36385	\$167	36383
	2 Terms	\$269	36380	\$282	36378	\$296	36373
Pair	Fall	\$246	36381	\$259	36376	\$271	36372
	Winter	\$291	36388	\$306	36386	\$320	36384
	2 Terms	\$511	36382	\$538	36377	\$564	36374



Ballroom Bootcamp

BCRPA - HOMESTUDY FITNESS THEORY COURSE

Our Fitness Knowledge (Theory) comprehensive home study program offers both traditional hard copy distant education resources and online learning supplemental courseware. Like the classroom program, the UBC REC Fitness Knowledge Home Study Course acts as a prerequisite to all BCRPA instructor courses and is the first step in becoming a nationally-recognized weight training, group exercise (aerobics), aquafit instructor, or Personal Trainer. The homestudy program is also an excellent study guide for the nationally-recognized NFLA Fitness Theory Exam.

Fall Information

Sep 1 - Dec 15
Reg by Dec 15

Winter Information

Jan 1 - Apr 15
Reg by Apr 15

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
	Fall	\$230	37949	\$230	37947	\$230	37945
	Winter	\$230	37950	\$230	37948	\$230	37946

www.dance.rec.ubc.ca

FREE CLASSES - UBC REC Shopping Week
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

HALF MARATHON TRAINING CLINIC

This 12-week program is specifically designed for anyone who wants to compete in their first half marathon or improve on their previous race with a focus of getting you ready for the BMO Vancouver Half Marathon, in May 2012. Participants meet Tuesday evenings with optional weekend runs throughout the program, which also includes special training seminars on non-run days. Clinic instructor, Christine Blanchette who specializes in marathons, having completed the Boston Marathon herself, will provide you with enthusiastic coaching and guidance. This program can also benefit participants looking to enter an ironman or ironwoman triathlon.

Fall Information

Section I - 12 sessions
 Location: SRC
 Sep 13 - Nov 29
 Tue 5:00 - 6:30pm
 FREE CLASSES Sep 13

Winter Information

Section I - 12 sessions
 Location: SRC
 Jan 10 - Mar 27
 Tue 5:00 - 6:30pm
 FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$87	37921	\$94	37917	\$99	37925
Winter	\$87	37923	\$94	37919	\$99	37916

**CHECK OUT THE RE)(ERCISE SERIES ON P. 8 IF YOU'RE
 LOOKING FOR A FUN ACTIVITY EACH WEEK!**



Clothes & gifts at

**UBC
 central**

(formerly UBC Bookstore)

Buy online: central.ubc.ca



UBC REC SUN RUN TRAINING CLINIC

UBC REC Sun Run Training Group includes registration in the 2012 Vancouver Sun Run as a part of UBC REC. Our progressive change-of-pace program with professional and experienced leadership can accommodate all fitness levels from the beginner to the experienced. Participants should be able to walk comfortably for approximately 30 minutes before joining this program.

Winter Information

Section I - 12 sessions
 Location: SRC
 Jan 14 - Mar 31
 Saturday 9:30 - 11:00am

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Winter	\$139	37944	\$144	37942	\$149	37940

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