

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

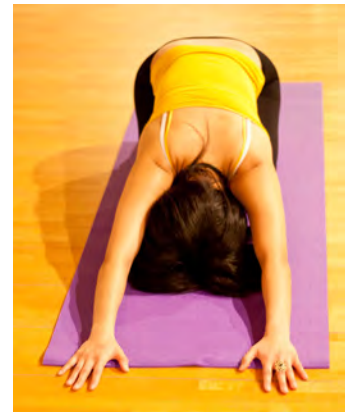
Section II - 13 sessions
 Location: SRC Dojo
 Sep 15 - Dec 8
 Thu 12:05 - 12:55pm
 FREE CLASSES Sep 15

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.