

DANCE

Come out and work on those dance moves! Whether your tastes are hip hop, jazz, tango, belly dance, or burlesque, we've got it! Our energetic instructors help tailor UBC REC Dance classes to meet the needs of all skill levels. If you are looking for a vigorous workout while you dance, be sure to check out our Latin Funk and Dance Fit classes!

\$10 Register for any of UBC REC's dance courses before **Friday May 20** and on average, you will spend less than \$10 per class.

DANCE FIT

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! Have fun, dance, and define!

Spring/Summer Information

Section I - 26 Sessions
SRC Studio
May 17 - Aug 11
Tue/Thu 8:00 - 9:00am
FREE CLASSES May 17, 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$160	33737	\$172	33736	\$182	33735



Salsa Dance Fit

LATIN FUNK

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

Spring/Summer Information

Section I - 7 Sessions
SRC Studio
May 17 - Jun 28
Tue 5:30 - 6:30pm
FREE CLASS May 17

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$73	32227	\$80	32226	\$86	32225



Latin Funk

SALSA DANCE FIT

Salsa is a high energy Latin dance known for its dynamic movements and dramatic expression. In this class the instructor will combine salsa footwork, choreography and music with plyometric movements, cardio conditioning, strength conditioning and core/abdominal workouts. The core concept is to get a really good workout while still having fun.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 18 - Aug 10
Wed 1:00 - 2:00pm
FREE CLASS May 18

Section II - 11 Sessions
SRC Studio
May 15 - Aug 14
Sun 10:00 - 11:00am
No classes May 22, Jul 3, 31
FREE CLASS May 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$130	32104	\$147	32102	\$157	32100
Section II	\$112	32105	\$124	32103	\$133	32101



Tango

BALLROOM BOOTCAMP

Singles and couples are welcome. Dancing is a great way to meet new people, have fun and exercise at the same time! This class is focused on East Coast Swing, Argentine Tango, Merengue and Samba, Salsa, Jive, West Coast Swing and Cha Cha. These lively and fun classes will appeal to newcomers as well as those looking to improve their enjoyment of dancing.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 15 - Aug 14
Sun 6:00 - 7:30pm
No classes May 22, Jul 3, 31
FREE CLASS May 15

	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Single	\$124	32080	\$132	32078	\$144	32076
Pair	\$235	32081	\$248	32079	\$262	32077

TANGO

You will learn the fundamental basic walks, turns and many other beautiful tango figures. This 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.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 20 - Aug 19
Fri 6:30 - 8:00pm
No class Jul 1
FREE CLASS May 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Single	\$142	32235	\$150	32233	\$162	32231
Pair	\$265	32236	\$280	32234	\$300	32232

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 19 - Aug 11
Thu 5:30 - 6:30pm
FREE CLASS May 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$114	32091	\$122	32088	\$129	32085



Hip Hop



Lyrical Jazz

HIP HOP - PUSSYCAT DOLLS

Sexy, flirty, feminine hip-hop! Learn the popular dance moves of the Pussycat Dolls, Beyonce, and others, through warm-up and choreography, which 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!

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 17 - Aug 9
Tues 8:00 - 9:00pm
FREE CLASS May 17

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$114	33740	\$122	33739	\$129	33738



Belly Dance



BURLESQUE

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

Spring/Summer Information

Section I - 12 Sessions
SRC Studio
May 16 - Aug 15
Mon 7:30 - 8:30pm
No classes May 23, Aug 1
FREE CLASS May 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$106	33743	\$113	33742	\$119	33741

LYRICAL JAZZ

Lyrical Jazz is more interpretive and emotional than traditional jazz. This class has modern undertones, and the choreography has a organic, graceful movement. The warm up is in-depth with a ballet base including plies, tondus, stretching, sit ups, kicks, and push ups. This class is designed for those with a dance background and are looking for a intermediate to advanced program.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 16 - Aug 22
Mon 4:00 - 5:30pm
No classes May 23, Aug 1
FREE CLASS May 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$140	32099	\$148	32098	\$160	32097

UBC REC RUNNING CLUB

This professionally instructed running program is great for those who wish to learn the specifics of training. Improve your 5K, 8K, 10K, and/ or your Half Marathon times. This run club meets once a week.

Spring/Summer Information

Section I - 13 Sessions
SRC North Entrance
May 16 - Aug 22
Mon 5:00 - 6:00pm
No classes May 23, Aug 1
FREE CLASS May 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$79	32122	\$86	32121	\$100	32120

BELLY DANCE

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

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 19 - Aug 11
Thu 6:30 - 8:00pm
FREE CLASS May 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$140	32084	\$148	32083	\$160	32082

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.

Spring/Summer Information

Section I - 11 Sessions
SRC Studio
May 15 - Aug 14
Sun 3:00 - 4:30pm
No classes May 22, Jul 3, 31
FREE CLASS May 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$114	32096	\$122	32095	\$129	32094

BCRPA - ONLINE

Like the classroom program, the CFES Fitness Knowledge Home Study Course acts as a prerequisite to all CFES instructor courses and is the first step in becoming a nationally-recognized fitness professional. You can also take the course for your own personal health and fitness information. Expect the fitness theory home study program to provide comprehensive information on how to keep yourself and others safely fit and well. This course qualifies you to write the National Fitness Leadership (NFLA) Closed Book Fitness Theory Exam.

Spring/Summer Information

May 1 - Aug 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$250	35322	\$250	35321	\$250	35320