



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