

## USING THE UBC REC GUIDE

Use the Course Information Key below to help you browse the 2011 UBC REC Spring Summer Program Guide

### POWER YOGA

UBC REC Power Yoga is the practice of a series of yoga poses without stopping and accompanied by Vinyasa in order to flow from one pose to another. All levels welcome.

#### Spring/Summer Information

Section I - 13 Sessions

SRC Studio

May 20 - Aug 19

Fri 7:30 - 9:00am

No class Jul 1

FREE CLASS May 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$136	32221	\$144	32220	\$160	32219

Course Name

Description

Section # (refers to different times course is offered, not skill level)

# of Sessions (refers to number of times the class will run)

Location

Course start & end dates

Days and time class will run

Dates when the class will not run

Dates when the class is free to try

Price (all prices include applicable taxes)

Course ID (use this code to search your course when registering online)



Intro to Climbing p. 17



Ju Jitsu p. 6



Mat Pilates p. 8



Outdoor Hikes p. 16



Introduction to Sea Kayaking p. 15



Hapkido p. 7



50/50 Yoga Pilates p. 9



Ashtanga Yoga p. 10

## UBC STUDENT PARTICIPATION

Taking classes this summer? UBC REC has a great complement of instructional classes and outdoor programs to keep you active. The new Pussy Cat Dolls Hip Hop class is a great twist on an old favourite while Kobudo has been added to the extensive list of UBC REC's martial arts programming. Or if you're looking for something more social, be sure to visit us at [www.rec.ubc.ca](http://www.rec.ubc.ca) for more information on our soccer, basketball, and volleyball leagues and tournaments. This summer, let UBC REC be your gateway to a healthy and active life!

## STAFF/FACULTY PARTICIPATION

UBC REC has made it easier than ever to make your health and lifestyle a priority. Be sure to check out some of these great programs that work with the schedule of UBC staff and faculty.

### Early Morning Yoga - p. 10

Designed with staff and faculty in mind, this class will help you clear your thoughts before you are thrust into a busy work day. Use the calming effect of yoga to mentally prepare yourself for a day at UBC. These classes end early enough for you to fit in a shower and breakfast before you start work.

### Lunch Time Series - p. 7, 8, 9

No time to workout when you get off work? Then be sure to check out any of our lunch time series classes. Throughout the "Instructional" section of the UBC REC guide, be sure to look for lunch time classes marked in green. These classes will let you squeeze in a workout inside your busy work day.

### Hiking Series - p. 16

Explore B.C. this summer with one of the many hikes that UBC REC is offering. Whether you're a visiting faculty or a long time UBC Staff, this is a great way to discover more of B.C. Beginner and intermediate hikes make this a very accessible opportunity for everyone.