

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.

Spring/Summer Information

Section I - 26 Sessions
SRC Dojo
May 17 - Aug 11
Tue/Thu 7:30 - 9:00pm
FREE CLASSES May 17, 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$190	32134	\$205	32133	\$225	32132

YOGA, PILATES, AND TAI CHI

You need not travel far to get away from it all...UBC REC brings you an escape from the day to day with refreshing Yoga, Pilates, and Tai Chi classes. By getting in touch with your body, mind, and soul, you are ensured to leave feeling strengthened, revitalized, and ready to face the day!



\$8

Register for a UBC REC Yoga class and you pay less than \$8 per class or sign-up for a Pilates class and save more than \$4 per class when compared against drop-in rates!

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 tranquillity. 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. The healthy, sick, old, and young can all benefit from regular daily practice.

Spring/Summer Information

Section I - 26 Sessions
SRC Studio
May 16 - Aug 17
Mon/Wed 8:00 - 9:00am
No classes May 23, Aug 1
FREE CLASSES May 16, 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$127	32108	\$135	32107	\$153	32106

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 19 - Aug 11
Thu 6:00 - 7:30pm
FREE CLASS May 19

Section II - 12 Sessions
SRC Dojo
May 15 - Aug 21
Sun 11:30am - 1:30pm
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	\$91	32152	\$99	32151	\$109	32150
Section II	\$105	33725	\$114	33724	\$121	33723



Tai Chi

LUNCH TIME TAI CHI

Looking to de-stress or improve your health over 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.

Spring/Summer Information

Section I - 10 Sessions
SRC Dojo
May 18 - Aug 3
Wed 11:00am - 12:00pm
No classes Jul 6, 20
FREE CLASS May 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$53	33728	\$58	33727	\$65	33726

MAT PILATES

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 and movements, along with breath control that, in addition to strengthening muscles without adding bulk, this class will increase muscular control and kinesthetic sense.

Spring/Summer Information

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

Section II - 13 Sessions
SRC Studio
May 17 - Aug 9
Tue 1:00 - 2:00pm
FREE CLASS May 17

Section III - 13 Sessions
SRC Studio
May 19 - Aug 11
Thu 1:00 - 2:00pm
FREE CLASS May 19

Section IV - 13 Sessions
SRC Studio
May 18 - Aug 10
Wed 4:30 - 5:30pm
FREE CLASS May 18

Section V - 26 Sessions
SRC Dojo
May 17 - Aug 11
Tue/Thu 5:00 - 6:00pm
FREE CLASSES May 17, 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$99	32184	\$108	32179	\$118	32174
Section II	\$99	32185	\$108	32180	\$118	32175
Section III	\$99	32186	\$108	32181	\$118	32176
Section IV	\$99	32187	\$108	32182	\$118	32177
Section V	\$198	32188	\$216	32183	\$236	32178

LUNCH TIME PILATES

This pilates class is perfect for those with busy schedules. Stretch and strengthen your muscles over your lunch break as this challenging workout will help you create a long, lean look. With a strong focus on developing strength through the core of the body, pilates provides a great foundation to improve all areas of your physique. Enjoy improved posture, flexibility, and balance. Pilates utilizes specific postures and movements, as well as measured breathing to help you achieve the results you want.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 16 - Aug 22
Mon 12:00 - 1:00pm
No classes May 23, Aug 1
FREE CLASS May 16

Section II - 13 Sessions
SRC Dojo
May 20 - Aug 19
Fri 12:00 - 1:00pm
No class Jul 1
FREE CLASS May 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$95	32172	\$99	32170	\$109	32168
Section II	\$95	32173	\$99	32171	\$109	32169

NEED A YOGA MAT? PICK UP A UBC REC YOGA MAT AT THE SRC OPERATIONS CENTRE FOR JUST \$27.

REFORMER PILATES

Take your fitness to a new level. 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.

Spring/Summer Information

Section I - 12 Sessions
SRC Studio
May 17 - Aug 9
Tue 9:00 - 10:00am
No class Jul 12
FREE CLASS May 17

Section II - 12 Sessions
SRC Studio
May 19 - Aug 11
Thur 9:00 - 10:00am
No class Jul 14
FREE CLASS May 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$189	32193	\$199	32191	\$209	32189
Section II	\$189	32194	\$199	32192	\$209	32190

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.

Spring/Summer Information

Section I - 11 Sessions
SRC Dojo
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	\$84	32197	\$91	32196	\$99	32195



50/50 Yoga Pilates

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 standing pilates blended into standing yoga sequences to sculpt, strengthen and stretch the lower body with a focus on spinal alignment and technique.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 16 - Aug 22
Mon 6:30 - 7:30pm
No classes May 23, Aug 1
FREE CLASS May 16

Section II - 13 Sessions
SRC Studio
May 20 - Aug 19
Fri 4:30 - 5:30pm
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	\$99	32163	\$108	32161	\$117	32159
Section II	\$95	32164	\$99	32162	\$109	32160



Ashtanga Yoga

LUNCH TIME HATHA YOGA

This lunch time class will allow you to get an introduction to yoga while not interrupting your day-to-day schedule. All skill levels welcome.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 18 - Aug 10
Wed 12:00 - 1:00pm
FREE CLASS May 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$91	33733	\$94	33731	\$113	33729

HATHA YOGA

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 16 - Aug 22
Mon 1:00 - 2:00pm
No classes May 23, Aug 1
FREE CLASS May 16

Section II - 13 Sessions
SRC Studio
May 20 - Aug 19
Fri 1:00 - 2:00pm
No class Jul 1
FREE CLASS May 20

Section III - 13 Sessions
SRC Dojo
May 17 - Aug 9
Tue 6:00 - 7:30pm
FREE CLASS May 17

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$91	32057	\$99	32053	\$113	32048
Section II	\$91	32058	\$99	32054	\$113	32049
Section III	\$136	32059	\$144	32055	\$160	32051

TGIF HATHA YOGA

The week is over and what better way to leave all that stress behind than yoga? TGIF Hatha Yoga is a great way to wind down as you focus on improving your balance, flexibility, core strength, and endurance through this calm, and soothing yoga class. There is no better way to start the weekend.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 20 - Aug 19
Fri 5:00 - 6:00pm
No class Jul 1
FREE CLASS May 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$91	32218	\$99	32217	\$113	32216

SUNDAY NIGHT HATHA YOGA

This slow-paced Sunday night class is focused on stretching with some simple breathing exercises and seated meditation. It is a good place to learn basic poses, relaxation techniques, and become comfortable with the yoga practice. Spend a relaxing evening with us to get ready for the busy week ahead.

Spring/Summer Information

Section I - 11 Sessions
SRC Studio
May 15 - Aug 14
Sun 7:30 - 8:30pm
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	\$77	32224	\$86	32223	\$96	32222

Sections do not represent progression or skill level of Instructional classes. Register by **Friday May 20** for all Instructional classes. All prices include applicable taxes.

FLOW YOGA

A lively energetic flowing class that synchronizes breath with movement. Build strength, flexibility and concentration. Flow classes do not follow a set sequence of postures, each class is unique. You can always expect a great cardiovascular and strength building workout combined with breath work. All levels are welcome.

Spring/Summer Information

Section I - 11 Sessions
SRC Studio
May 16 - Aug 22
Mon 9:00 - 10:00am
No classes May 23, Jul 11, Aug 1, 15
FREE CLASS May 16

Section II - 11 Sessions
SRC Studio
May 18 - Aug 3
Wed 9:00 - 10:00am
No class Jul 13
FREE CLASS May 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$77	32214	\$86	32212	\$96	32210
Section II	\$77	32215	\$86	32213	\$96	32211

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 17 - Aug 9
Tue 7:15 - 8:15am
FREE CLASS May 17

Section II - 13 Sessions
SRC Dojo
May 19 - Aug 11
Thu 7:15 - 8:15am
FREE CLASS May 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$87	32208	\$94	32206	\$113	32204
Section II	\$87	32209	\$94	32207	\$113	32205

POWER YOGA

UBC REC Power Yoga is the practice of a series of yoga poses without stopping and accompanied by Vinyasa or riding the breath 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

ASHTANGA YOGA

An intense workout based on traditional yoga postures. 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. Wear clothing that moves with your body, and bring a sweater for cool down.

Spring/Summer Information

Section I - 26 Sessions
SRC Dojo
May 16 - Aug 17
Mon/Wed 5:00 - 6:00pm
No classes May 23, Aug 1
FREE CLASSES May 16, 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$175	32202	\$188	32200	\$219	32198



Ashtanga Yoga

VINYASA YOGA

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. Focusing as much on the transition between postures as the postures themselves this technique will be sure to give you a great work out.

Spring/Summer Information

Section I - 26 Sessions
SRC Dojo
May 17 - Aug 11
Tue/Thu 4:00 - 5:00pm
FREE CLASSES May 17, 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$182	32230	\$199	32229	\$212	32228

ARE YOU LOOKING TO SET UP YOUR OWN YOGA OR PILATES CLASS? LET US MAKE IT EASY. UBC REC WORKS WITH MANY CAMPUS GROUPS TO PROVIDE CUSTOMIZED INSTRUCTIONAL PROGRAMS RIGHT WHERE YOU WORK OR STUDY. CONTACT DAVE GILLIS AT DGILLIS@REC.UBC.CA TO ARRANGE ANY OF OUR CLASSES SPECIFICALLY FOR YOUR OFFICE, RESIDENCE, OR CLUB.