

SPRING UAS CLASSES

Exclusively for Residents of UAS

Registration will be available online March 15, 12pm at www.recreation.ucla.edu/register

You can also register at Sales & Service in the John Wooden Center. For more information, call 310.825.3701.

CHILDREN'S BALLET

This is an introductory ballet class designed to develop basic technique in a fun environment.

Level 3: Ages 3–4 years with parent present

Level 4: Ages 5–7 years

Level	Days	Dates	Time	Location	Fee
3	M	4/10-6/5*	3:00–3:45pm	Community Room	\$35
4	M	4/10-6/5*	4:00–4:45pm	Community Room	\$35

*no class 5/29

CHILDREN'S FIT GYM

Explore play and fitness activities, movement games, sports and parachute activities in a class designed to support physical and social and development for children of mixed ages.

Level 2: Ages 18 months–2 years with parent participant

Level 3: Ages 3–4 years with parent present

Level	Days	Dates	Time	Location	Fee
2	T	4/11-5/30	4:00–4:45pm	Community Room	\$35
3	T	4/11-5/30	5:00–5:45pm	Community Room	\$35

CHILDREN'S MUSIC

Children's Music is an introduction to vocal music, percussion, as well as musical terminology for young children. In this class, rhythm and musicality are introduced through songs, use of instruments and creative movement. Music is a great opportunity for little ones not only to learn basic music fundamentals but also cooperation, teamwork and patience.

Level 1: Ages 0–18 months with parent participant

Level 2: Ages 18 months–2 years with parent participant

Level	Days	Dates	Time	Location	Fee
1	Th	4/13-6/1	10:30–11:15am	Sepulveda Resource Room	\$35
1/2	Th	4/13-6/1	11:30–12:15pm	Sepulveda Resource Room	\$35

PARENT & CHILD YOGA

This class explores play and relaxation through yoga games and songs. For younger ages, children work with a parent to play games and navigate poses, while older children work on their own and with their peers. Children's yoga is designed to support physical and social development. Particularly flexibility, strength, and body awareness can be developed and improved.

Please bring your own yoga mat.

Level 2: Ages 18 months–2 years with parent participant

Level 3/4: Ages 3–7 years with parent participant

Level	Days	Dates	Time	Location	Fee
2	M	4/10-6/5*	5:00–5:45pm	Community Room	\$35
3/4	M	4/10-6/5*	6:00–6:45pm	Community Room	\$35

*no class 5/29

• **Please note: participants that are more than 10 minutes late will not be able to participate in Fitness classes.**

- Siblings are not permitted to participate unless registered and approved by the instructor.
- Classes are not transferrable. Individuals must attend the date and time they have registered for.
- UAS residents not living within University Village are encouraged to attend these classes but cannot be guaranteed access. These classes are brought to UAS residents at low cost by subsidies from UASRA (gsa.asucla.ucla.edu/uasra).

ADULT BOOTCAMP FUN

Boot Camp Fun is a total body strength training class using rubber resistance tubes and other tools for a fun, face-paced workout. This class will help you increase strength, lean body mass, and confidence.

Wear athletic clothing and shoes. Please bring your own fitness mat.

This class is sponsored by UASRA

Level	Days	Dates	Time	Location	Fee
ALL	T	4/11-5/30	8:30-9:30pm	Community Room	\$10

ADULT HIP HOP

This class teaches and breaks down the fundamentals of different styles of hip hop, including Locking, Popping, Grooving and others. In addition, it emphasizes cardiovascular conditioning, choreography, rhythm, and musicality. The class is designed to teach beginners as well as challenge advanced students.

Level	Days	Dates	Time	Location	Fee
ALL	M	4/10-6/5*	8:15-9:15pm	Community Room	\$35

*no class 5/29

ADULT YOGA

This is a Level 1/2 Hatha Yoga class, suitable for new and continuing students. Hatha yoga emphasizes the physical aspects of yoga. Strength, flexibility, proper breathing, and mindfulness are emphasized.

Wear clothing that allows for freedom of movement.

Please bring your own yoga mat.

Level	Days	Dates	Time	Location	Fee
1/2	T	4/11-5/30	7:00–8:15pm	Community Room	\$35
1/2	Th	4/13-6/1	7:30–8:45pm	Community Room	\$35

ADULT ZUMBA

A Latin-inspired dance that keeps you moving. This is a moderate cardio workout suitable for beginning and continuing students.

Wear athletic clothing and shoes.

Level	Days	Dates	Time	Location	Fee
ALL	M	4/10-6/5*	7:00–8:00pm	Community Room	\$35

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