COMMONLY-USED CONTACTS

Recreation Sales & Service
310.825.3701

Reservations
Racquetball/Squash
310.206.8307
Tennis Courts
310.825.3871

FITWELL Services
310.206.6130
fitwell@recreation.ucla.edu

FACILITY HOURS

John Wooden Center
Mon–Thurs 5:30am–10:45pm
Fri 5:30am–9:45pm
Sat–Sun 9:00am–7:45pm
There is no entry into the JWC 45 minutes prior to closing.

Sunset Canyon Recreation Center
Mon–Fri 8:00am–8:00pm
Sat–Sun 10:00am–8:00pm

Park Pool
Sun–Sat 10:00am–8:00pm

Family Pool
Mon–Fri 8:00am–10:00am
12:00pm–6:00pm
Sat–Sun 11:00am–6:00pm

North Pool (Kaufman Hall)
Mon–Fri 6:00am–8:00am
11:00am–2:00pm

Student Activities Center
Mon–Thurs 6:45am–11:45pm
Fri 6:45am–9:45pm
Sat–Sun 9:00am–5:45pm

Student Activities Center Pool
Mon–Fri 11am–12pm (bulk head only)
12–2pm (entire pool)

Bruin Fitness Center (BFIT)
Mon–Thurs 6:00am–8:00pm
Fri 6:00am–6:00pm
Sat–Sun 7:30am–6:00pm

KREC
Mon–Thurs 5:30am–9:30pm
Fri 5:30am–8:30pm
Sat–Sun 7:30am–6:00pm

Hours subject to change. For the most current hours and policies at all our facilities and pools, visit www.recreation.ucla.edu/facilities.

Try something new and take a Recreation class!
GET STARTED WITH A FITNESS PASS!
A Fitness Pass grants you unlimited access to all Group Exercise classes for only $25/quarter. Customize your workouts by choosing from over seventy drop-in classes a week. Purchase your Fitness Pass at Sales & Service in the John Wooden Center.

Workout Descriptions

IFT (INTENSIVE FUNCTIONAL TRAINING), IFT & MOB, IFT BARBELL
This is the class for those of you who want to work hard and learn new skills. Perform multi-joint compound bodyweight movements and utilize a variety of equipment that challenges every muscle in your body. Kick your training up a notch and join the fun.

IFT Barbell classes incorporate the use of barbells to perform advanced lifts to increase strength, power, mobility, and overall work capacity. Participants must be familiar with the following lifts (or take the Intro to Barbell class listed below): Deadlift, Sumo Deadlift, Front Squat, Hang & Power Cleans, Thrusters, Overhead Press, Push Press, Push Jerk, and Snatch.

INTRO TO BARBELL
Class introduces the lifts performed in the IFT Barbell classes above and is strongly encouraged for participation in the IFT Barbell workouts. Sign up at www.recreation.ucla.edu/register or show up on the first day of the section to see if there's space.

Sec 01: NW, 6/27-7/25, 8:30am-9:30am
Sec 02: TuTh, 6/28-7/21, 8:30am-9:30am
NW Corner, Drake Stadium $25
Sec 03: Tu, 6/28-8/16, 4:00pm-5:00pm
Pardee Gym, JWC $25

KBELLZ WORKX
It's all about the bells in this workout—kettlebells that is! Kettlebell use is a great alternative or addition to any strength and conditioning program. The unique shape of the kettlebell increases the stability challenge in most exercises and allows for a great total body workout.

KILLER CORE
This class features a progressive, moderate-high intensity workout which focuses on the “Core” muscle group including abdominals, obliques, and muscles of the back. Learn the dynamics of these important muscles and how to engage them in a variety of unique, strength-building exercises. Great for posture improvement, balance, and athletic performance.

MAT PILATES
Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture. Pilates Plus adds traditional calisthenics and bodyweight movements in addition to the mat work for a great total body workout.

MOVE BETTER
Want to improve a particular lift or movement pattern? Struggling with mobility and/or stability? This class is for you. We’ll focus on all the major joints and common areas of concern (scapular/humeral, spine, lumbo pelvic, hip, knee, ankle, foot) to develop healthy movement patterns using a variety of techniques like myofascial release, loaded mobility, movement drills, etc. This is not really a workout but more prehab/injury prevention.

POP DIVA WORKOUT
This awesome dance cardio workout will inspire you to get in great shape while rocking out to your favorite pop hits. Learn fun, easy to follow choreography to each song and dance your heart out for an hour of pop diva bliss.

REFORMER PILATES
Using the reformer bed, this class will challenge your entire body with great attention to the core. Excellent for improving posture and flexibility as well. These classes are now offered in an enrolled format. To enroll, go to www.recreation.ucla.edu/register.

SESSION A: JUNE 22 – AUGUST 4
SESSION B: AUGUST 5 – SEPTEMBER 11
No classes July 3 and September 7.

The full Group Exercise schedule is available at www.recreation.ucla.edu/groupx or from the FITWELL Desk.
HOW DO I REGISTER?

Register online at www.recreation.ucla.edu/register

In-person registration is also available at Sales & Service in the John Wooden Center. For other ways to register, visit www.recreation.ucla.edu/registerinfo.

Contact Sales & Service at info@recreation.ucla.edu or 310.825.3701 for more info.

Activities with multiple prices are arranged into two tiers:
Tier 1: UCLA students and Recreation members /
Tier 2: Community. Community patrons cannot directly register online. Visit www.recreation.ucla.edu/registerinfo or contact Sales & Service for details.

ADAPTIVE PROGRAMS

UCLA Recreation provides inclusive and specialized programs in many areas. www.recreation.ucla.edu/adaptiveprograms

WHEELCHAIR BASKETBALL

(Level BEG)
Sec 01: Tu, 6/21-9/6, 4:00pm-7:00pm
Collins Court #1, JWC $25

AQUATICS

(See American Red Cross safety courses for lifeguarding and water safety classes)

ADULT CLASSES

ADULT SWIM LESSONS (Level BEG)
Sec 01: MW, 6/20-7/18, 6:30pm-7:20pm
North Pool, Kaufman Hall $45
Sec 02: TuTh, 6/21-7/14, 6:30pm-7:20pm
Family Pool, SCRC $45
Sec 03: Sa, 7/9-8/27, 9:00am-9:50am
Family Pool, SCRC $45
Sec 04: MW, 7/25-8/17, 6:30pm-7:20pm
Sec 05: TuTh, 7/26-8/18, 6:30pm-7:20pm
Sec 06: MW, 8/22-9/14, 6:30pm-7:20pm
Sec 07: TuTh, 8/23-9/15, 6:30pm-7:20pm
North Pool, Kaufman Hall $45

ADULT SWIM LESSONS (Level ADV BEG)
Sec 01: MW, 6/20-7/18, 6:30pm-7:20pm
North Pool, Kaufman Hall $45
Sec 02: TuTh, 6/21-7/14, 6:30pm-7:20pm
Family Pool, SCRC $45
Sec 03: Sa, 7/9-8/27, 9:00am-9:50am
Family Pool, SCRC $45
Sec 04: MW, 7/25-8/17, 6:30pm-7:20pm
Sec 05: TuTh, 7/26-8/18, 6:30pm-7:20pm
Sec 06: MW, 8/22-9/14, 6:30pm-7:20pm
Sec 07: TuTh, 8/23-9/15, 6:30pm-7:20pm
North Pool, Kaufman Hall $45

ADULT SWIM LESSONS (Level INT)
Sec 01: MW, 6/20-7/18, 7:30pm-8:20pm
North Pool, Kaufman Hall $45
Sec 02: TuTh, 6/21-7/14, 7:30pm-8:20pm
North Pool, Kaufman Hall $45
Sec 03: Sa, 7/9-8/27, 8:00am-8:50am
Family Pool, SCRC $45
Sec 04: MW, 7/25-8/17, 7:30pm-8:20pm
Sec 05: TuTh, 7/26-8/18, 7:30pm-8:20pm
Sec 06: MW, 8/22-9/14, 7:30pm-8:20pm
Sec 07: TuTh, 8/23-9/15, 7:30pm-8:20pm
North Pool, Kaufman Hall $45

SUMMER LIFEGUARD SCHOOL

Class Dates: 6/11-6/14
Participants will have the opportunity to obtain the following certifications: Lifeguarding, CPR/AED, First Aid, First Aid for Public Safety Personnel (Title 22), and Administering Emergency Oxygen. Upon successful completion of all requirements, participants will receive a UCLA Lifeguard School Graduation Certificate and a job with UCLA Recreation.
North Pool, Kaufman Hall, $30
Please contact csatos@recreation.ucla.edu for info

YOUTH SWIM LESSONS

To view our Summer youth and family swimming classes, visit www.recreation.ucla.edu/summercamps or pick up our Summer Camps booklet.

WATER EXERCISE

www.recreation.ucla.edu/waterexercise

WAVEMAKERS

(Level BEG)
Sec 01: Tu, 6/14-7/12, 11:00pm-12:00am
Sec 02: Th, 6/16-7/14, 11:00pm-12:00am
Sec 03: Tu, 7/19-8/16, 11:00pm-12:00am
Sec 04: Th, 7/21-8/18, 11:00pm-12:00am
Sec 05: Tu, 8/23-9/20, 11:00pm-12:00am
Sec 06: Th, 8/25-9/22, 11:00pm-12:00am
South Pool, Rehabilitation Bldg $40/$60

BACK TO BASICS (Level BEG)
Sec 01: W, 6/15-7/13, 8:45am-9:40am
Sec 02: W, 7/20-8/17, 8:45am-9:40am
Sec 03: W, 8/24-9/21, 8:45am-9:40am
South Pool, Rehabilitation Bldg $40/$60

ARTHRITIS H2O (Level ALL)
Sec 01: TuTh, 6/23-7/14, 5:15pm-6:10pm
Sec 02: TuTh, 7/19-8/18, 5:15pm-6:10pm
Sec 03: TuTh, 8/23-9/22, 5:15pm-6:10pm
South Pool, Rehabilitation Bldg $80/$125
Sec 01: W, 6/15-7/15, 5:15pm-6:10pm
Sec 02: W, 7/20-8/17, 5:15pm-6:10pm
Sec 03: W, 8/24-9/21, 5:15pm-6:10pm
South Pool, Rehabilitation Bldg $40/$60

LIFEGUARD INSTRUCTOR TRAINING (Level Adv)
Sec 01: SaSu, 7/23-8/6, 10:00am-2:00pm
North Pool, Kaufman Hall $75/$225

DANCE

BALL (Level ALL)
Sec 01A: TuTh, 6/21-7/21, 7:30pm-8:30pm
Sec 01C: TuTh, 8/2-9/1, 7:30pm-8:30pm
Gold Room, Gold Room $45

HIP HOP (Level ALL)
Sec 01A: M, 6/20-7/25, 6:30pm-7:30pm
Sec 02A: W, 6/22-7/20, 6:30pm-7:30pm
Sec 03C: M, 8/1-8/29, 6:30pm-7:30pm
Sec 04C: W, 8/3-8/31, 6:30pm-7:30pm
Gold Room, Gold Room $25

JAZZ (Level ALL)
Sec 01A: MW, 6/20-7/25, 7:30pm-8:30pm
Sec 02C: MW, 8/1-8/31, 7:30pm-8:30pm
Gold Room, Gold Room $45

FITNESS & WELLNESS

Contact or stop by the FitWell Desk in the John Wooden Center for fitness and wellness information (contact info on cover). Unless otherwise indicated, see registration options on the left inside flap.

GROUP EXERCISE CLASS

REFORMER PILATES (Level Beg/Int)
Sec 01: M, 6/27-7/25, 10:00am-11:00am
Sec 02: M, 6/27-7/25, 11:00am-12:00pm
Sec 03: M, 6/27-7/25, 12:00pm-1:05pm
Racquetball Court 10, JWC $45
Sec 04: M, 8/8-9/12, 10:00am-11:00am
Sec 05: M, 8/8-9/12, 11:00am-12:00pm
Sec 06: M, 8/8-9/12, 12:00pm-1:05pm
Sec 07: Tu, 6/28-7/26, 10:00am-11:00am
Sec 08: Tu, 6/28-7/26, 10:00am-11:00am
Sec 09: Tu, 6/28-7/26, 11:00am-12:00am
Sec 10: Tu, 8/9-9/6, 11:00am-12:00pm
Sec 11: Tu, 6/28-7/26, 1:10pm-2:10pm
KAYAKING
SIT-ON-TOP KAYAK ORIENTATION
Available during rental hours. No pre-registration required unless group is more than 10.
Please call 310.823.0048 or email mac@recreation.ucla.edu for more information.
MAC, Marina Del Rey, $100 (rental rates)

SEA KAYAKING SAMPLER
 Sec 01: Sa, 6/25, 9:00am-11:00am
 Sec 02: Sa, 7/23, 9:00am-11:00am
 Sec 03: Su, 8/21, 9:00am-11:00am
 Sec 04: Sa, 9/17, 9:00am-11:00am
 MAC, Marina Del Rey
(Priority given to preregistered participants)

SUNSET/FULL-MOON PADDLE
 Sec 01: Sa, 6/25, 6:30pm-8:30pm
 Sec 02: Sa, 7/23, 6:30pm-8:30pm
 Sec 03: Sa, 8/20, 6:30pm-8:30pm
 Sec 04: Sa, 9/10, 6:30pm-8:30pm
 MAC, Marina Del Rey

TASTE OF SEA KAYAKING
 Sec 01: Su, 6/26, 9:00am-11:30am
 Sec 02: Sa, 7/16, 9:00am-11:30am
 Sec 03: Su, 8/14, 9:00am-11:30am
 Sec 04: Sa, 9/10, 9:00am-11:30am
 MAC, Marina Del Rey

SEA KAYAKING I
 Sec 01: Sa, 6/18-6/25, 9:00am-10:00am
 Sec 02: Su, 7/10-7/17, 9:00am-10:00am
 Sec 03: Sa, 7/30-8/6, 9:00am-10:00am
 Sec 04: Sa, 8/20-8/27, 9:00am-10:00am
 Sec 05: Su, 9/11-9/18, 9:00am-10:00am
 MAC, Marina Del Rey, $104/$144

SEA KAYAKING II
 Sec 01: Su, 6/19-6/26, 12:00pm-4:00pm
 Sec 02: Sa, 7/9-7/16, 12:00pm-4:00pm
 Sec 03: Su, 8/7-8/14, 12:00pm-4:00pm
 Sec 04: Sa, 9/10-9/17, 12:00pm-4:00pm
 MAC, Marina Del Rey, $104/$144

SEA KAYAKING III
 Sec 01: Su, 7/24-7/31, 11:00am-3:00pm
 MAC, Marina Del Rey $128/$176

SPIN
Sec 01A: M, 6/27-8/1, 6:30pm-7:30pm
 Sec 01C: M, 8/8-9/12, 6:30pm-7:30pm
 Sec 02A: W, 6/29-7/27, 5:15pm-6:15pm
 Sec 02C: W, 8/10-9/14, 5:15pm-6:15pm
 Studio, KREC $25

ROCKWALL
ROCK WALL ORIENTATION (Level BEG)
Sec 01: Th, 6/23, 8:00pm-9:00pm
 Sec 02: Su, 6/26, 2:00pm-4:00pm
 Sec 03: Th, 7/7, 2:00pm-4:00pm
 Sec 04: Su, 7/10, 6:00pm-7:45pm
 Sec 05: Th, 7/21, 8:00pm-10:00pm
 Sec 06: Su, 8/7, 2:00pm-4:00pm
 Sec 07: Th, 8/11, 8:00pm-10:00pm
 Rock Wall, JWC $15

ROWING
SCULLING SAMPLER
 Sec 01: Sa, 7/9, 8:00am-10:00am
 Sec 02: Su, 8/14, 8:00am-10:00am
 Sec 03: Sa, 9/3, 8:00am-10:00am
 MAC, Marina Del Rey
(Priority is given to preregistered participants)

SCULLING I
 Sec 01: SaSu, 6/18-6/26, 7:00am-10:00am
 Sec 02: TuTh, 6/21-7/7, 6:30am-3:30am
 Sec 03: Su, 7/10-7/7, 7:00am-9:30am
 Sec 04: Wf, 7/13-7/29, 6:30am-8:30am
 Sec 05: TuTh, 8/2-8/16, 6:30am-8:30am
 Sec 06: SaSu, 8/20-8/27, 7:00am-10:00am
 Sec 07: Wf, 8/31-9/16, 6:30am-8:30am
 Sec 08: SaSu, 9/10-9/18, 7:00am-10:00am
 MAC, Marina Del Rey $132/$180

SCULLING II-TECHNIQUE WORKSHOP
 Sec 01: Sa, 7/9-7/16, 7:00am-9:00am
 Sec 02: SaSu, 8/13-8/14, 7:00am-9:00am
 Sec 03: TuTh, 8/30-9/1, 6:30am-8:30am
 MAC, Marina Del Rey $52/$72

SCULLING III-MAAS CHECKOUT
Pre requisite: Sculling I and at least 5 hours rental in Maas Aero or similar boat.
 Sec 01: Sa, 7/23-7/30, 7:00am-9:00am
 Sec 02: Wf, 8/10-8/12, 6:30am-8:30am
 Sec 03: TuTh, 9/13-9/15, 6:30am-8:30am
 MAC, Marina Del Rey $52/$72

RUSTY SCULLERS
Pre requisite: Sculling I
If interested in this 1/2 hour class contact The MAC at 310-823-0048 or
mac@recreation.ucla.edu
MAC, Marina Del Rey $20/$27
Plus min one month rental pass

SAILING
SAILING SAMPLER
 Sec 01: Su, 7/10, 12:00pm-2:00pm
 Sec 02: Su, 8/1, 12:00pm-2:00pm
 Sec 03: Sa, 9/17, 12:00pm-2:00pm
 MAC, Marina Del Rey
(Priority is given to preregistered participants)

SAILING I-CAPRI
 Sec 01: SaSu, 6/18-6/19, 9:30am-5:30pm
 Sec 02: SaSu, 6/25-6/26, 9:30am-5:30pm
 Sec 03: SaSu, 7/9-7/10, 9:30am-5:30pm
 Sec 04: SaSu, 7/16-7/17, 9:30am-5:30pm
 Sec 05: SaSu, 7/23-7/24, 9:30am-5:30pm
 Sec 06: SaSu, 7/30-7/31, 9:30am-5:30pm

MARTIAL ARTS

OPEN MAT TRAINING
Practice what you learn in class at Open Mat 10+ hours of training a week with martial arts equipment available to use.
Schedule available at: www.recreation.ucla.edu/openmat

AIKIDO WORKSHOP (Level ALL)
 Sec 01: Sa, 7/30-8/1, 11:30am-2:00pm
 Blue Room, JWC $15/$25

BOXING (Level ALL)
 Sec 01: W, 6/22-8/10, 6:15pm-7:15pm
 Blue Room, JWC $25

BRAZILIAN JIU-JITSU (Level ALL)
 Sec 01: TuTh, 6/21-8/11, 6:15pm-7:15pm
 Blue Room, JWC $50

FILIPINO MARTIAL ARTS (KALI) (Level ALL)
 Sec 01: M, 6/20-8/15, 6:15pm-7:15pm
 Blue Room, JWC $35

HAPKIDO CLASS (Level ALL)
 Sec 01: M, 6/20-8/15, 5:15pm-6:15pm
 Blue Room, JWC $35

KICKBOXING (SAVATE) (Level ALL)
 Sec 01: TuTh, 6/21-8/11, 7:15pm-8:15pm
 Coins Court 3, JWC $50

KRAV MAGA (Level ALL)
 Sec 01: W, 8/22-8/29, 7:15pm-8:15pm
 Blue Room, JWC $35

MUAY THAI (Level ALL)
 Sec 01: M, 6/20-8/15, 7:15pm-8:15pm
 Blue Room, JWC $35

NINJUTSU WORKSHOP (Level ALL)
 Sec 01: Sa, 7/16, 10:00am-12:30pm
 Blue Room, JWC $15/$25

SHINKENDO WORKSHOP (Level ALL)
 Sec 01: Sa, 8/7, 10:00am-12:00pm
 Gold Room, JWC $15/$25

SHOTOKAN (Level ALL)
 Sec 01: TuTh, 6/21-8/11, 6:15pm-7:15pm
 Gold Room, JWC $50

WING CHUN (Level ALL)
 Sec 01: M, 6/20-8/15, 6:15pm-7:15pm
 Blue Room, JWC $35

ROCKWALL

ROWING

SAILING
**SURFING**

**SURFING I**
Sec 01: F, 6/7-6/24, 7:30am-9:30am
Sec 02: SaSu, 6/7-6/29, 7:30am-9:30am
Sec 03: SaSu, 6/25-6/26, 7:30am-9:30am
Sec 04: SaSu, 7/7-7/19, 7:30am-9:30am
Sec 05: Tu, 7/18-7/21, 7:30am-9:30am
Sec 06: Th, 7/18-7/21, 7:30am-9:30am
Sec 07: SaSu, 7/22-7/24, 7:30am-9:30am
Sec 08: SaSu, 7/30-7/31, 7:30am-9:30am
Sec 09: W, 8/3-8/10, 7:30am-9:30am
Sec 10: F, 8/5-8/12, 7:30am-9:30am
Sec 11: SaSu, 8/6-8/17, 7:30am-9:30am
Sec 12: SaSu, 8/20-8/21, 7:30am-9:30am
Sec 13: Th, 8/21-8/30, 7:30am-9:30am
Sec 14: Th, 8/25-9/1, 7:30am-9:30am
Sec 15: SaSu, 8/27-8/28, 7:30am-9:30am
Sec 16: SaSu, 9/17-9/18, 7:30am-9:30am Westminster, Venice Beach $104/$144

**OPEN SURF PRACTICE**
Sec 01: SaSu, 6/25 - 10:00am 11:30am
Sec 02: SaSu, 7/10 - 7:00am 10:30am
Sec 03: SaSu, 7/23 - 10:00am 11:30am
Sec 04: Su - 8/7 - 10:00am 11:30am
Sec 05: SaSu, 8/20 - 10:00am 11:30am Westminster, Venice Beach $39/$54

Prerequisite: Surfing I

**WINDSURFING**

**WINDSURFING SAMPLER**
Sec 01: F, 6/24, 3:30pm-5:00pm
Sec 02: F, 7/22, 3:30pm-5:00pm
Sec 03: F, 9/9, 3:30pm-5:00pm
MAC, Marina Del Rey $65/$90

Prerequisite: Sailing I

**WINDSURFING I**
Sec 01: SaSu, 6/25-6/26, 9:00am-12:00pm
Sec 02: F, 7/8-7/15, 3:30pm-6:30pm
Sec 03: Su, 7/24-7/31, 9:00am-12:00pm
Sec 04: F, 7/29-8/5, 3:30pm-6:30pm
Sec 05: F, 8/9-8/26, 3:30pm-6:30pm
Sec 06: SaSu, 8/27-8/28, 9:00am-12:00pm
Sec 07: F, 9/6-9/21, 3:00pm-6:00pm
MAC, Marina Del Rey $132/$186

**WINDSURFING II**
Sec 01: Sa, 7/9, 11:00am-1:00pm
Sec 02: Sa, 8/6, 11:00am-1:00pm
Sec 03: Sa, 9/10, 11:00am-1:00pm
MAC, Marina Del Rey $44/$62

Prerequisite: Windsurfing I

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**STAND UP PADDLEBOARDING**

**STAND UP PADDLEBOARD ORIENTATION**
Available during rental hours.
No pre-registration required unless group is more than 5. Please call 310.823.0048 or email mac@recreation.ucla.edu for more information.

**STAND UP PADDLEBOARD I**
Arrive 30 minutes before your class for equipment fitting.
Sec 01: Sa, 7/9, 9:00am-11:00am
Sec 02: Su, 8/7, 9:00am-11:00am
Sec 03: Sa, 9/10, 9:00am-11:00am
MAC, Marina Del Rey $52/$72

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**YOGA**

Please bring your own yoga mat. www.recreation.ucla.edu/yoga

**YOGA (Level 1)**
Sec 01A: MW, 6/27-7/27, 7:00am-8:00am Dynasty Room, JWC $40
Sec 02A: TuTh, 6/27-7/28, 5:45pm-6:45pm Buenos Ayres Rm, SCRC $40
Sec 03A: TuTh, 6/27-7/28, 6:50pm-7:50pm Buenos Ayres Rm, SCRC $40
Sec 04A: W, 6/29-7/27, 5:35pm-6:55pm Dynasty Room, JWC $30
Sec 05A: MW, 6/27-7/27, 4:30pm-5:30pm Dynasty Room, JWC $40

**YOGA (Level 1/2)**
Sec 06A: MW, 6/27-7/27, 8:05am-9:05am
Sec 07A: TuTh, 6/27-7/28, 6:00pm-7:10pm Dynasty Room, JWC $40
Sec 08A: Tu, 6/28-7/26, 7:15pm-8:30pm
Sec 09A: M, 6/27-7/25, 5:45pm-6:55pm
Sec 12A: Su, 6/26-7/31, 10:30am-12:00pm Dynasty Room, JWC $30

**YOGA (Level 2/3)**
Sec 10A: TuTh, 6/27-7/28, 4:30pm-5:55pm Dynasty Room, JWC $45
Sec 11A: F, 7/1-7/29, 5:30pm-7:00pm Dynasty Room, JWC $30

**YOGA (Level 1)**
Sec 01C: MW, 8/1-8/31, 7:00am-8:00am Dynasty Room, JWC $40
Sec 02C: TuTh, 8/2-9/1, 5:45pm-6:45pm
Sec 03C: TuTh, 8/2-9/1, 6:50pm-7:50pm Buenos Ayres Rm, SCRC $40
Sec 04C: W, 8/3-8/31, 5:35pm-6:55pm Dynasty Room, JWC $30
Sec 05C: MW, 8/1-8/31, 4:30pm-5:30pm Dynasty Room, JWC $40

**YOGA (Level 1/2)**
Sec 06C: MW, 8/1-8/31, 8:05am-9:05am
Sec 07C: TuTh, 8/2-9/1, 6:00pm-7:10pm Dynasty Room, JWC $40
Sec 08C: Tu, 8/2-8/30, 7:15pm-8:30pm
Sec 09C: M, 8/1-8/29, 5:45pm-6:55pm
Sec 12C: Su, 8/7-9/1, 10:30am-12:00pm Dynasty Room, JWC $30

**YOGA (Level 2/3)**
Sec 10C: TuTh, 8/2-9/1, 4:30pm-5:55pm Dynasty Room, JWC $45
Sec 11C: F, 8/3-9/2, 5:30pm-7:00pm Dynasty Room, JWC $30

**YOGA (KREC) (Level BEG/INT)**
Sec 01C: TuTh, 6/28-7/28, 7:00am-8:00am
Sec 01C: TuTh, 8/9-9/8, 7:00am-8:00am
Sec 02C: TuTh, 6/28-7/28, 5:10pm-6:25pm
Sec 02C: TuTh, 8/9-9/8, 5:10pm-6:25pm Studio, KREC $40

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*Activity offered at no additional cost.*

WWW.RECREATION.UCLA.EDU
MORE REC SERVICES

www.recreation.ucla.edu/fitwell
Providing fitness and wellness services for UCLA faculty, staff, and departments.
Visit www.recreation.ucla.edu/fitzones for workouts conveniently located near where you work at no cost.

www.recreation.ucla.edu/chairmassage
Chair massages are now conveniently available at multiple locations, 11am-2pm.
To view the locations and sign up, visit our website or call the number above.

www.recreation.ucla.edu/pft
310.206.6130 (JWC)
310.983.3064 (KREC)
To sign up, call or stop by the FITWELL Desk at the John Wooden Center or KREC.
- Personal fitness training
- Nutrition counseling
- Pilates & Yoga

www.recreation.ucla.edu/privateinstruction
310.825.3701
Private Instruction includes one-on-one instruction in any instructional program, including but not limited to: dance, martial arts, tennis, sports, and swimming.
- $39/hr for students
- $49/hr for Recreation members
- $59/hr for UCLA affiliates

www.recreation.ucla.edu/mac
310.823.0048
Available equipment rentals at the UCLA Marina Aquatic Center in scenic Marina del Rey:
- Kayaks
- Stand up Paddleboards
- Sculls
- Sailboats
- Windsurfers

www.recreation.ucla.edu/oa
310.206.1252
In addition to wilderness trips, Outdoor Adventures offers these resources for your outdoor needs:
- Challenge Course
- Bike Shop
- Outdoor Equipment Rental Center

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Keep fit and stay active with a summer student recreation membership!

On sale now at Sales & Service in the John Wooden Center.
Membership valid through September 30, 2016.
*Students enrolled in Session A or C will already have access.