## COMMONLY–USED CONTACTS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreation Sales &amp; Service</td>
<td>310.825.3701</td>
</tr>
<tr>
<td>Reservations</td>
<td></td>
</tr>
<tr>
<td>Racquetball/Squash</td>
<td>310.206.8307</td>
</tr>
<tr>
<td>Tennis Courts</td>
<td>310.825.3671</td>
</tr>
<tr>
<td>FITWELL Services</td>
<td>310.206.6130</td>
</tr>
<tr>
<td><a href="mailto:fitwell@recreation.ucla.edu">fitwell@recreation.ucla.edu</a></td>
<td></td>
</tr>
</tbody>
</table>

## WINTER FACILITY HOURS

### John Wooden Center
- **Mon–Thurs**: 5:30am–12:45am
- **Fri**: 5:30am–9:45pm
- **Sat**: 9:00am–7:45pm
- **Sun**: 9:00am–10:45pm

*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–1:00am
- **Fri**: 6:00am–9:30pm
- **Sat**: 8:00am–9:00pm
- **Sun**: 8:00am–12:00am

### KREC
- **Mon–Thurs**: 5:30am–11:30pm*
- **Fri**: 5:30am–9:30pm
- **Sat**: 7:30am–6:00pm
- **Sun**: 7:30am–9:30pm

*Rec Member Hours: 5:30am–8:30pm

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

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**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.

### View the Schedule
The full Group Exercise schedule is available at www.recreation.ucla.edu/groupx or from the FITWELL Desk.

## Workout Descriptions

### Advanced Step & Conditioning
Step is a GREAT cardiovascular and conditioning workout. This class kicks up the choreography a notch to challenge the brain and body!

### Agility & Conditioning
Get a great cardiovascular conditioning workout and improve your agility or ability to change direction.

### Battle of the Ropes
Use battle ropes to increase back and midline strength as well as improve cardiovascular conditioning. Class will also use a variety of other equipment for an excellent total body workout.

### Bangra Bollywood Workout
Eastern Indian dance forms blended with the flirty and fun influence of Bollywood. So much energy, athleticism, sensuality, and fun.

### Bootcamp Fun
Get ready for a challenging total body workout. Cardio, intervals, sports conditioning, core conditioning, kickboxing, muscular conditioning—plan it all. Workout may even venture outdoors.

### Booty Kickin’ Barre
This workout uses your own body weight and a wall mounted ballet barre to develop long dancer-like muscles. “It’s a kick” for the midline, glutes, and legs.

### Cardio & Conditioning Circuit
This class will include conditioning and cardio, utilizing a variety of equipment—including the step—in a circuit format.

### Cardio Hip Hop
Learn fun, hip hop choreography to popular hip hop tunes. Taught in a “follow along” format to keep you moving and grooving the entire hour. Get down while you get your heart rate up!

### Conditioning W/ Rings & Parallel Bars
A gymnastics based workout that allows you to use your own body weight to perform standard skills such as push/pull ups on rings. Scalable and progression based instruction allow for all skill levels to strive toward mastering movements such as the muscle-up, skin the cat, levers, and L-sit holds.

### Dance Cardio & Conditioning
Alternate between fun dance cardio choreography and total body conditioning with weights. A great workout for cardio and strength all in one hour.

### Glutes of Glory
This class targets the midline, legs, and glutes for an amazing workout utilizing a variety of equipment.

### H.I.I.T. High Intensity Interval Training
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.

### Booty Kickin’ 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.

### Kbelzz Work X
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.

### 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.

### Pilates Reformer
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.

### 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.

### Salsa Hip Hop
Learn how to combine salsa and hip hop styles while having a great time dancing. A great workout for cardio and improving your dance skills.

### Spin
This instructor-led group cycling workout is worth your time. Get an intense cardiovascular workout and get inspired by those around you to ride harder, get stronger and have fun.

### Sport Stretch
Sport stretch is designed to increase full body range of motion in all planes of movement to enhance muscle length and movement patterns related to sports or other dynamic activities requiring a wide range of movement skills and abilities.

### Step 30/20/10, 35/30/10, 45/35/10
First number denotes the minutes of cardio on the step, the 2nd number denotes the time spent strength training and the 3rd number denotes the time spent stretching. All three equal a balanced total body workout.

### Step & Conditioning
Step & Conditioning provides some cardio on the step and then some tough overall conditioning for the rest of the body.

### Total Body Conditioning (TBC), Total Body Challenge, Total Body with Recovery, TBC with TRX
A total body strength training/anaerobic class using weights, tubes, bands, balls and your own body for resistance. Get strong and have fun.

### Total Body Challenge
Just kicks up the intensity a bit.

### Total Body With Recovery
Adds a recovery component with extended stretching, mobility sequences and self-myofascial release.

### TBC With TRX
Is a total body conditioning and strengthening class featuring the TRX Suspension Trainer as well as other equipment.

### Urban Bootcamp
Take your workout outdoors. Featuring some small equipment but mainly the natural environment of this beautiful campus, you’ll get a total body workout and some fresh air. This class will include some running. Dress for the outdoors.

### Urban Kick
Combine aerobic kickboxing with high intensity intervals and you get a fun, athletic, challenging, full body workout. It’s a kick.

### Wet Workout, Aqua Bootcamp, Shallow Water Aerobics
Deep-water exercise classes are beneficial to exercisers at any fitness level. Suspended in deep water with a flotation belt or water buoy, deep-water exercise gives you the benefits of muscle conditioning, aerobics and flexibility in a non-impact workout. The class format will differ between instructors.

### Aqua Bootcamp
Kicks deep water exercise up a notch.

### Shallow Water Aerobics
Is a high energy full-body workout incorporating rapid variations of movement patterns that work all the major muscle groups in a bootcamp-style. You will walk, jog, and bounce your way across the pool, traveling the lane and performing various exercises along the way.

### YogaLates
A blend of yoga and pilates-inspired conditioning. Get your stretch and strengthen on!

### Zumba
A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa, cumbia, merengue, raggaeton, and more.
WINTER CLASSES & ACTIVITIES

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

ADAPTIVE TENNIS / ACEING AUTISM (Level BEG)
Sec 01: Sa, 1/23, 9:00am-1:00pm
Dock 52 Parking Lot, Marina Del Rey
$10/$15

HAND CYCLING (Level BEG)
Sec 01: Sa, 1/23, 9:00am-1:00pm
Sec 02: Sa, 2/27, 9:00am-1:00pm
Dock 52 Parking Lot, Marina Del Rey
$10/$15

SATURDAY OPPORTUNITIES FOR ADAPTIVE RECREATION (SOAR) (Level BEG)
Sec 01: Sa, 1/23, 9:00am-1:00pm
Various, JWC
$10/$15

SWIMMING

AQUATICS

ADULT CLASSES

BEGINNER SWIM LESSONS (Level BEG)
Sec 01: Sa, 1/9-3/12, 10:00am-10:50am
Sec 02: MW, 1/11-2/8, 6:00pm-6:50pm
Sec 03: TuTh, 1/12-2/4, 6:00pm-6:50pm
Sec 04: MW, 2/17-3/14, 6:00pm-6:50pm
Sec 05: TuTh, 2/16-3/10, 6:00pm-6:50pm
Family Pool, SCRC $45

ADVANCED BEGINNER SWIM LESSONS (Level ADV BEG)
Sec 01: Sa, 1/9-3/12, 10:00am-10:50am
Sec 02: MW, 1/11-2/8, 6:00pm-6:50pm
Sec 03: TuTh, 1/12-2/4, 6:00pm-6:50pm
Sec 04: MW, 2/17-3/14, 6:00pm-6:50pm
Sec 05: TuTh, 2/16-3/10, 6:00pm-6:50pm
Family Pool, SCRC $45

INTERMEDIATE SWIM LESSONS (Level INT)
Sec 01: Sa, 1/9-3/12, 9:00am-9:50am
Sec 02: MW, 1/11-2/8, 7:00pm-7:50pm
Sec 03: TuTh, 1/12-2/4, 6:00pm-6:50pm
Sec 04: MW, 2/17-3/14, 7:00pm-7:50pm
Sec 05: TuTh, 2/16-3/10, 6:00pm-6:50pm
Family Pool, SCRC $45

SWIM FOR FITNESS (Level ADV)
Sec 01: Sa, 1/9-3/12, 9:00am-9:50am
Sec 02: MW, 1/11-2/8, 7:00pm-7:50pm
Sec 03: TuTh, 1/12-2/4, 6:00pm-6:50pm
Sec 04: MW, 2/17-3/14, 7:00pm-7:50pm
Sec 05: TuTh, 2/16-3/10, 6:00pm-6:50pm
Family Pool, SCRC $45

INTRODUCTION TO WATER POLO (Level ADV)
Sec 01: W, 1/20-3/9, 7:00pm-7:50pm
SAC Pool, SAC $45

KAYAK WATER POLO (Level ADV)
Sec 01: Tu, 1/20-3/9, 7:00pm-7:50pm
SAC Pool, SAC $45

LIFEGUARD REVIEW (Level ADV)
Sec 01: SaSu, 1/23/24, 9:00am-6:00pm
Sec 02: SaSu, 2/20-2/21, 9:00am-6:00pm
North Pool Classroom, North Pool $100/$150

LIFEGUARD TRAINING PRE-COURSE (Level ADV)
Sec 01: M, 1/19, 6:30pm-7:30pm
Sec 02: W, 1/20, 6:30pm-7:30pm
North Pool Classroom, North Pool $30

ADMINISTERING EMERGENCY OXYGEN (Level ADV)
Sec 01: Tu, 1/20, 6:00pm-7:00pm
North Pool Classroom, North Pool $30

AMERICAN RED CROSS CLASSES www.recreation.ucla.edu/safetycourses

LIFEGUARD TRAINING WITH TITLE 22 (Level ADV)
Sec 01: TuWTh, 1/24-2/11, 6:00pm-10:00pm
North Pool Classroom, North Pool $170/$220

CONTINUED ON INSIDE PAGES >>

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: Public or Community. Visit www.recreation.ucla.edu/registerinfo or contact Sales & Service for details.

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UCLA RECREATION

WINTER CLASSES & ACTIVITIES CONTINUED

WATER EXERCISE
www.recreation.ucla.edu/waterexercise

AQUA CORE AND MORE (Level ALL)
Sec 01: Tu, 1/5-3/8, 9:45am-10:40am
South Pool, Rehabilitation Bldg $85/$125

AQUA FLUID JOINTS (Level Beg)
Sec 01: W, 1/6-3/9, 6:15pm-7:10pm
South Pool, Rehabilitation Bldg $85/$125

AQUA QI GONG-TAI CHI (Level ALL)
Sec 01: Th, 1/7-3/10, 6:15pm-7:10pm
South Pool, Rehabilitation Bldg $85/$125

AQUA YOGA (Level INT)
Sec 01: M, 1/11-3/4, 6:15pm-7:10pm
South Pool, Rehabilitation Bldg $68/$100

ARTHRTIS H2O (Level ALL)
Sec 01: Tu, 1/5-3/10, 5:30pm-6:10pm
South Pool, Rehabilitation Bldg $70/$250
Sec 02: W, 1/6-3/9, 9:45am-10:40am
South Pool, Rehabilitation Bldg $85/$125

BACK TO BASICS (Level Beg)
Sec 01: W, 1/6-3/9, 8:45am-9:40am
South Pool, Rehabilitation Bldg $85/$125

PRE/POST NATAL WATER X (Level ALL)
Sec 01: M, 1/1-3/4, 5:15pm-6:10pm
South Pool, Rehabilitation Bldg $68/$100

WARM WATER FITNESS (Level Beg)
Sec 01: Tu, 1/5-3/8, 6:15pm-7:10pm
South Pool, Rehabilitation Bldg $85/$125

WAVEMAKERS (Level Beg)
Sec 01: W, 1/6-3/9, 11:00am-12:00pm
Sec 02: Th, 1/7-3/10, 12:00pm-1:00pm
South Pool, Rehabilitation Bldg $40/$60

ARTS

DIGITAL PHOTOGRAPHY (Level ALL)
Sec 01: W, 1/13-2/24, 6:30pm-8:00pm
Leadership Conf Room, JWC $40

FIGURE DRAWING (Level ALL)
Sec 01: Tu, 1/12-2/23, 7:00pm-9:00pm
Mesa Room B, SCRC $75

GUITAR (Level Beg)
Sec 01: W, 1/13-2/24, 4:00pm-5:55pm
Buenos Aires, SCRC $55
Sec 02: Th, 1/14-2/25, 5:00pm-6:55pm
Buenos Aires, SCRC $55

GUITAR (Level ADV Beg)
Sec 01: W, 1/13-2/24, 6:00pm-8:00pm
Buenos Aires, SCRC $65

IMPROV COMEDY (Level ALL)
Sec 01: W, 1/13-2/24, 8:00pm-10:00pm
Leadership Conf Room, JWC $40

KNITTING (Level ALL)
Sec 01: Tu, 1/12-2/23, 4:00pm-5:00pm
Leadership Conf Room, JWC $35

PORTRAIT DRAWING (Level ALL)
Sec 01: W, 1/13-2/24, 6:00pm-8:00pm
Mesa Room B, SCRC $75

SEWING (Level ALL)
Sec 01: Tu, 1/12-2/23, 8:00pm-9:30pm
Leadership Conf Room, JWC $45

TAIKO DRUMMING (Level ALL)
Sec 01: F, 1/15-2/26, 6:00pm-7:00pm
Dynasty Room, JWC $35

THE ART OF DJ’ING (Level ALL)
Sec 01: Th, 1/14-2/25, 6:30pm-9:00pm
Leadership Conf Room, JWC $35

WATER COLOR (Level ALL)
Sec 01: Th, 1/14-2/25, 6:00pm-8:15pm
Mesa Room B, SCRC $75

BIKE SHOP

ADULT LEARN-TO-RIDE (ON-BIKE INSTRUCTION)
Sec 01: Th, 2/18, 5:00pm-7:00pm
Bike Shop, JWC

BIKE BOTTOM-BRACKETS
Sec 01: W, 1/27, 5:00pm-6:00pm
Bike Shop, JWC

BIKE COMMUTING 101
Sec 01: Th, 1/14, 5:00pm-6:00pm
Bike Shop, JWC

BIKE HUBS
Sec 01: W, 2/24, 5:00pm-6:00pm
Bike Shop, JWC

BIKE-WHEEL TRUEING
Sec 01: Tu, 2/9, 5:00pm-6:00pm
Bike Shop, JWC

SMART CYCLING (CLASSROOM INSTRUCTION)
Sec 01: Th, 2/4, 5:00pm-7:00pm
Bike Shop, JWC

SMART CYCLING (ON-BIKE INSTRUCTION)
Sec 01: Sa, 1/23, 9:45am-2:30pm
Bike Shop, JWC

CHALLENGE COURSE

CHALLENGE COURSE 101 (Level Beg)
Sec 01: Sa/Su, 1/6-1/17, 9:00am-5:00pm
Challenge Course, SCRC $10

CHALLENGE COURSE PLAY AND CLIMB (Level Beg)
Sec 01: Su, 2/21, 1:00pm-5:00pm
Challenge Course, SCRC $5

JAZZ (Level Beg)
Sec 01: M, 1/11-3/4, 7:00pm-9:30pm
Dance Studio 23H, JWC $45

Jazz (Level INT)
Sec 01: Tu, 1/12-2/23, 3:35pm-5:10pm
Gold Room, JWC $45

LATIN SOCIAL DANCING (Level ALL)
Sec 01: Th, 1/14-2/25, 8:05pm-9:05pm
Pyramid Room, JWC $40

SALSA (Level Beg)
Sec 01: M, 1/11-3/4, 8:00pm-9:30pm
Dance Studio 23H, JWC $45

SALSA (Level INT)
Sec 02: Tu, 1/12-2/23, 9:00pm-10:30pm
Dance Studio 23H, JWC $50

SWING (Level Beg)
Sec 01: W, 1/13-2/24, 5:00pm-6:30pm
Dance Studio 23H, JWC $45

TANGO (Level Beg)
Sec 01: M, 1/11-3/7, 9:30pm-10:55pm
Dance Studio 23H, JWC $45

FITNESS & WELLNESS

Contact or stop by the FITWELL Desk in the John Wooden Center for fitness and wellness information (contact info on cover).

GROUP EXERCISE CLASSES

REFORMER PILATES (Level Beg/INT)
*Sec 01: M, 1/4-2/1, 10:00am-11:00am
*Sec 02: M, 2/8-3/7, 10:00am-11:00am
*Sec 03: M, 1/4-2/1, 11:00am-12:00pm
*Sec 04: M, 2/8-3/7, 11:00am-12:00pm
*Sec 05: M, 1/4-2/1, 12:05pm-1:05pm
*Sec 06: M, 2/8-3/7, 12:05pm-1:05pm
*Sec 07: W, 2/10-3/9, 10:00am-11:00am
*Sec 08: W, 2/10-3/9, 11:00am-12:00pm
*Sec 09: W, 2/10-3/9, 12:05pm-1:05pm
*Sec 10: W, 2/10-3/9, 12:05pm-1:05pm
*Sec 11: W, 1/6-2/3, 11:00am-12:00pm
*Sec 12: W, 2/10-3/9, 11:00am-12:00pm
*Sec 13: W, 1/6-2/3, 11:00am-12:00pm
*Sec 14: W, 2/10-3/9, 10:00am-11:00am
*Sec 15: W, 1/6-2/3, 11:00am-12:00pm
*Sec 16: W, 2/10-3/9, 11:00am-12:00pm
*Sec 17: W, 1/6-2/3, 12:05pm-1:05pm
*Sec 18: W, 2/10-3/9, 12:05pm-1:05pm
*Sec 19: W, 1/6-2/3, 12:05pm-1:05pm
*Sec 20: W, 2/10-3/9, 11:00am-12:00pm
*Sec 21: Th, 1/7-2/4, 2:00pm-3:00pm
*Sec 22: Th, 2/11-3/10, 2:00pm-3:00pm
*Sec 23: Th, 1/7-2/4, 4:30pm-5:30pm
*Sec 24: Th, 2/11-3/10, 4:30pm-5:30pm
*Sec 25: Th, 1/7-2/4, 5:30pm-6:30pm
LEARN TO BFIT SERIES (1-4)
REGISTER FOR ENTIRE SERIES BELOW FOR $50
Sec 01: Tu/Th, 1/12-2/10, 4:00pm-5:00pm
FitWell Desk, BFIT $50

LBFIT - 1
CIRCUIT BASICS (Level BEG)
Sec 01: M/W, 1/1-1/13, 4:00pm - 5:00pm
FitWell Desk, BFIT $15

LBFIT - 2
STRENGTH BASICS (Level BEG)
Sec 01: M/W, 1/2-1/27, 4:00pm - 5:00pm
FitWell Desk, BFIT $25

LBFIT - 3
CARDIO SAMPLER
(Level BEG)
Sec 01: M/W, 2/1-2/2, 4:00pm - 5:00pm
FitWell Desk, BFIT $15

LBFIT - 4
STRETCH & RECOVER
(Level BEG)
Sec 01: M/W, 2/8-2/10, 4:00pm - 5:00pm
FitWell Desk, BFIT $15

CARDIO EXPRESS (All levels)
Sec 01: T, 1/2-1/3, 8:00pm - 9:15pm
Sec 02: Th, 1/4-1/13, 8:00pm - 9:15pm
FitWell Desk, BFIT $25

KRE Fitness Classes
KRC is open to UCLA students and eligible members who have purchased membership to this facility.

INTRO TO BARBELL (Level BEG)
Sec 01: M/W, 1/11-1/22, 4:00pm - 5:00pm
FitWell Desk, BFIT $25

INTRO TO KETTLEBELL TRAINING (Level BEG)
Sec 01: M/W, 1/11-1/22, 4:00pm-5:00pm
Dungeon/NW Corner, Drake $35

INTRO TO RECREATION/CLASS SAMPLER (Level BEG)
Sec 01: M/W, 1/11-1/22, 2:00pm-3:00pm
Pyramid Rm, JWC $25

INTRO TO STRENGTH TRAINING (Level BEG)
Sec 01: Tu/Th, 1/12-1/23, 2:00pm-3:00pm
FitWell Desk, JWC $55

BFIT Fitness Classes
Open to all UCLA undergraduate students.
www.recreation.ucla.edu/bfit

INTRO TO STRENGTH TRAINING (Level BEG)
Sec 01: Tu/Th, 1/12-1/23, 4:30pm-5:30pm
Mixed Area, BFIT $55

PUNCHING BAG WORKSHOP
(Level BEG)
Sec 01: W, 1/13, 5:00pm - 6:00pm
Cable Zone, BFIT
Sec 02: W, 2/24, 5:00pm - 6:00pm
Cable Zone, BFIT

YOGA (KRC)
See Yoga.

TOTAL BODY CONDITIONING
Sec 01: W, 1/13-1/22, 6:30pm-7:30pm
Studio, KRC $25

IFT
Sec 01: M, 1/13-1/30, 5:15pm-5:45pm
Coastal Room, BFIT $25

ZUMBA (Level BEG/INT)
Sec 01: M, 1/13-1/30, 7:45pm-8:45pm
Sec 02: Th, 1/14-2/3, 7:45pm-8:45pm
Studio, KRC $25

ROWING (Level BEG/INT)
Sec 02: Tu, 1/12-1/18, 6:30pm-7:30pm
Sec 02: Th, 1/14-3/10, 6:30pm-7:30pm
Studio, KRC $25

KAYAKING

SUNSET/FULL-MOON PADDLE
Sec 01: Sa, 1/16, 4:00pm-6:00pm
Blue Room, JWC $50

Sea Kayaking
Sec 01: Tu, 1/12-2/3, 7:00pm-8:00pm
Blue Room, JWC $50

Sea Kayaking I
Sec 01: Sa, 1/23-1/30, 12:00pm-4:00pm
MAC, Marina del Rey $104/$144

Sea Kayaking II
Sec 01: Sa, 2/20-2/27, 11:00am-3:00pm
MAC, Marina del Rey $128/$176

Sea Kayaking III
Sec 01: Su, 2/21-2/28, 12:00pm-4:00pm
MAC, Marina del Rey $140/$190

Kempo
Sec 01: M, 1/23-1/30, 12:00pm-4:00pm
Blue Room, JWC $104/$144

Hybrid Kickboxing (Level All)
Sec 01: Tu, 1/12-3/3, 6:00pm-7:30pm
Blue Room, JWC $50

Judo (Level All)
Sec 01: Tu, 1/12-3/3, 4:00pm-5:00pm
Blue Room, JWC $50

Kickboxing Workout (Level All)
Sec 01: M, 1/13-3/2, 7:00pm-8:30pm
Blue Room, JWC $50

KRAV MAGA (Level All)
Sec 01: M, 1/13-3/2, 6:30pm-7:30pm
Blue Room, JWC $50

MMA (Level All)
Sec 01: M, 1/13-3/2, 5:15pm-6:30pm
Blue Room, JWC $50

Muay Thai (Level BEG)
Sec 01: MW, 1/11-3/9, 5:15pm-6:15pm
Gold Room, JWC $50

Muay Thai (Level All)
Sec 02: MW, 1/11-3/9, 6:15pm-7:15pm
Gold Room, JWC $60
OUTDOOR ADVENTURES
A pre-trip meeting is mandatory for each trip and held in the Outdoor Adventures Center on the Tuesday before your trip at 6pm (overnight trips) or 7pm (day trips).

www.recreation.ucla.edu/oa

HUNTINGTON BOTANICAL GARDENS & OUTDOOR PHOTOGRAPHY
Transportation provided.
Trip Date(s): Sa, 2/20 $45/$55

BACKPACK DEATH VALLEY
Transportation provided.
Trip Date(s): F-Su, 2/26-2/28 $180/$225

WHALE WATCH AND LAGUNA BEACH DAY TRIP
Transportation provided.
Trip Date(s): Sa, 2/27 $60/$75

CAMP AND EXPLORE YOSEMITE
Transportation provided.
Trip Date(s): F-Su, 3/4-3/6 $200/$250

BACKPACK HAVASU CANYON
Transportation provided.
Trip Date(s): Sa-Th, 3/19-3/24 $490/$540

OUTDOOR ADVENTURES WORKSHOPS

WILDERNESS FIRST AID
Sec 01: Th, 1/28, 4:00pm-5:00pm Outdoor Adventures Center, JWC

BACKCOUNTRY COOKING
Sec 01: Th, 2/4, 5:00pm-6:00pm Mesa Picnic Area, SCRC

FITNESS FOR BACKPACKING
Sec 01: Th, 2/11, 4:00pm-5:00pm Outdoor Adventures Center, JWC

ULTRALIGHT BACKPACKING
Sec 01: Th, 2/18, 4:00pm-5:00pm Outdoor Adventures Center, JWC

INTRO TO BACKPACKING
Sec 01: Th, 2/25, 4:00pm-5:00pm Outdoor Adventures Center, JWC

HOW TO PLAN A TRIP
Sec 01: Th, 3/3, 4:00pm-5:00pm Outdoor Adventures Center, JWC

ROCK WALL

BOULDERING MOVEMENTS ON ROCK
( Level BEG )
Sec 01: W, 1/20-2/4, 5:30pm-7:00pm Rock Wall, JWC $40

ROCK WALL ORIENTATION
( Level BEG )
Sec 01: F, 1/15, 5:00pm-7:00pm
Sec 02: Tu, 1/19, 1:00pm-3:00pm
Sec 03: M, 1/25, 5:00pm-7:00pm
Sec 04: Th, 2/28, 5:00pm-7:00pm
Sec 05: Tu, 2/2, 5:00pm-7:00pm
Sec 06: F, 2/5, 12:00pm-2:00pm
Sec 07: M, 2/8, 12:00pm-2:00pm
Sec 08: Th, 2/11, 4:00pm-6:00pm
Sec 09: Tu, 2/16, 12:00pm-2:00pm
Sec 10: M, 2/22, 12:00pm-2:00pm
Sec 11: F, 2/26, 5:00pm-7:00pm
Sec 12: W, 3/2, 5:00pm-7:00pm
Sec 13: Th, 3/3, 12:00pm-2:00pm
Sec 14: M, 3/7, 5:00pm-7:00pm
Sec 15: F, 3/11, 5:00pm-7:00pm

SAILING

SAILING I
Sec 01: SaSu, 1/9-1/17, 7:00am-10:00am
Sec 02: TuTh, 1/12-2/28, 6:30am-8:30am
Sec 03: Su, 1/24-2/21, 7:00am-9:25am
Sec 04: Wf, 1/27-2/12, 6:30am-8:30am
Sec 05: TuTh, 2/16-3/3, 6:30am-8:30am
Sec 06: Wf, 3/2-3/18, 6:30am-8:30am
Sec 07: SaSu, 3/5-3/13, 7:00am-10:00am

SAILING II-TECHNIQUE WORKSHOP
Sec 01: TuTh, 2/2-2/4, 6:30am-8:30am
Sec 02: SaSu, 2/27-3/5, 7:00am-9:00am
Sec 03: TuTh, 3/5-3/17, 6:30am-8:30am
MAC, Marina Del Rey $52/$72

SAILING III-MAAS CHECKOUT
Sec 01: Wf, 1/20-1/22, 6:30am-8:30am
Sec 02: TuTh, 3/8-3/10, 6:30am-8:30am
MAC, Marina Del Rey $52/$72

SAILING I-CAPRI
Sec 01: SaSu, 1/9-1/17, 12:30pm-4:30pm
Sec 02: SaSu, 1/30-2/7, 12:30pm-4:30pm
Sec 03: SaSu, 2/13-2/21, 12:30pm-4:30pm
Sec 04: SaSu, 2/27-3/6, 12:30pm-4:30pm
Sec 05: SaSu 3/12-3/13 9:00am-5:00pm
Sec 06: SaSu 3/19-3/20 9:00am-5:00pm
MAC, Marina Del Rey $160/$224

SAILING II-LASER
Sec 01: SaSu, 2/13-2/21, 12:30pm-4:30pm
MAC, Marina Del Rey $160/$224

SAILING II-RS VISION
Sec 01: SaSu, 2/13-2/21, 12:30pm-4:30pm
MAC, Marina Del Rey $160/$224

SAILING III-LASER
Sec 01: SaSu, 3/19-3/20, 11:00am-5:00pm
MAC, Marina Del Rey $168/$240

SAILING III-RS VISION
Sec 01: SaSu, 3/19-3/20, 11:00am-4:00pm
MAC, Marina Del Rey $168/$240

INTRO TO SAIL RACING-LASER & RS VISION
Sec 01: SaSu, 2/27-2/28, 11:00am-5:00pm
MAC, Marina Del Rey $168/$240

SAILING INTRODUCTION TO NAVIGATION
Sec 01: Sa, 1/23, 12:30pm-8:30pm
MAC, Marina Del Rey $25

SPORTS

GOLF ( Level BEG )
Sec 01: HW, 1/11-3/2, 12:00pm-1:00pm
Sec 02: TuTh, 1/12-2/25, 12:00pm-1:00pm
Fields 3&4, IM Field $55

GOLF ( Level INT )
Sec 01: HW, 1/11-3/2, 1:00pm-2:00pm
Fields 3&4, IM Field $60

GYMNASTICS ( Level BEG )
Sec 01: TuTh, 1/12-2/25, 12:00pm-1:00pm
Yates Gym, JWC $55

GYMNASTICS ( Level INT )
Sec 02: TuTh, 1/12-2/25, 1:15pm-2:30pm
Yates Gym, JWC $65

GYMNASTICS ( Level ADV )
Sec 03: Th, 1/12-2/25, 1:15pm-2:30pm
Yates Gym, JWC $70

RUNNING & CONDITIONING
( Level ALL )
Sec 01: HW, 1/11-3/2, 6:00pm-7:15pm
Drake Gate, Drake $35

SOCCER ( Level ALL )
Sec 01: M, 1/11-3/7, 3:30pm-5:00pm
Field 6, IM Field $40

VOLLEYBALL ( Level ALL )
Sec 01: Tu, 1/12-2/23, 6:00pm-7:30pm
Pardee Gym, JWC $45

Introduction activity at no additional cost.
**STAND UP PADDLEBOARDING**

**STAND UP PADDLEBOARD DROP-IN CLINIC**

Sec 01: Sa, 1/9, 9:00am-11:00am
Sec 02: Su, 1/17, 9:00am-11:00am
Sec 03: Sa, 1/23, 9:00am-11:00am
Sec 04: Su, 1/31, 9:00am-11:00am
Sec 05: Sa, 2/6, 9:00am-11:00am
Sec 06: Su, 2/14, 9:00am-11:00am
Sec 07: Sa, 2/27, 9:00am-11:00am
Sec 08: Su, 3/6, 9:00am-11:00am
Sec 09: Sa, 3/19, 9:00am-11:00am
MAC, Marina Del Rey $28/$48

**STAND UP PADDLEBOARD I**
Arrive 30 minutes before your class for equipment fitting.

Sec 01: Sa, 2/20, 9:30am-11:00am
Sec 02: Su, 3/13, 9:30am-11:00am
MAC, Marina Del Rey $52/$72

**STAND UP PADDLEBOARD II**
Prerequisite: Stand Up Paddleboard I.
Arrive 30 minutes before your class for equipment fitting.

Sec 01: Su, 2/28, 9:30am-11:30am
Sec 02: Su, 3/20, 9:30am-11:30am
MAC, Marina Del Rey $52/$72

**SURFING I**

Sec 01: SaSu, 1/9-1/10, 7:30am-9:30am
Sec 02: Th, 1/14-1/21, 7:30am-9:30am
Sec 03: SaSu, 1/23-1/24, 7:30am-9:30am
Sec 04: F, 1/29-2/5, 7:30am-9:30am
Sec 05: SaSu, 2/6-2/7, 7:30am-9:30am
Sec 06: W, 2/10-2/17, 7:30am-9:30am
Sec 07: SaSu, 2/13-2/14, 7:30am-9:30am
Sec 08: Tu, 2/23-3/1, 7:30am-9:30am
Sec 09: SaSu, 2/27-2/28, 7:30am-9:30am
Sec 10: F, 3/1-3/8, 7:30am-9:30am
Sec 11: SaSu, 3/12-3/13, 7:30am-9:30am
Sec 12: SaSu, 3/19-3/20, 7:30am-9:30am
Rose Ave, Venice Beach $104/$144

**SURFING II**

Sec 01: SaSu, 2/20-2/21, 7:30am-9:30am
Sec 02: SaSu, 3/5-3/6, 7:30am-9:30am
Rose Ave, Venice Beach $104/$144

**WINDSURFING**

**WINDSURFING CLINIC**

Sec 01: F, 1/15, 2:30pm-5:00pm
Sec 02: F, 2/12, 2:30pm-5:00pm
MAC, Marina Del Rey $65/$90

**WINDSURFING I**

Sec 01: F, 1/29-2/5, 2:00pm-5:00pm
Sec 02: F, 2/6-2/7, 2:00pm-5:00pm
Sec 03: F, 2/13-2/14, 2:00pm-5:00pm
MAC, Marina Del Rey $132/$186

**WINDSURFING II**

Sec 01: Sa, 2/20, 12:30pm-2:30pm
Sec 02: Su, 3/13, 10:30am-12:30pm
MAC, Marina Del Rey $44/$62

**YOGA**

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

**TAKE MORE YOGA WITH A PASS**
To drop into any yoga section on a space available basis, purchase a Yoga Pass for $25 at Sales & Service, JWC. Must also be enrolled in one yoga class for the quarter.

**YOGA (Level 1)**

Sec 01: MW, 1/11-3/9, 8:05am-9:15am
Dynasty Room, JWC $55
Sec 02: TuTh, 1/12-3/3, 5:25pm-6:25pm
Vista Room, SCRC $55
Sec 03: TuTh, 1/12-3/3, 6:30pm-7:30pm
Vista Room, SCRC $55
Sec 04: Tu, 1/12-3/3, 7:35pm-8:55pm
Vista Room, SCRC $55
Sec 05: Yoga & Artful Expression:
F, 1/15-3/4, 10:30am-12:00pm
Gold Room, JWC $35
Sec 06: F, 1/15-3/4, 9:30am-10:45am
Pyramid Room, JWC $35

**YOGA (Level 1/2)**

Sec 07: MW, 1/11-3/9, 10:35am-11:45am
Pyramid Room, JWC $55
Sec 08: MW, 1/11-3/9, 4:00pm-5:15pm
Pyramid Room, JWC $55
Sec 09: MW, 1/11-3/9, 4:00pm-5:15pm
Vista Room, SCRC $55
Sec 10: MW, 1/11-3/9, 5:30pm-6:40pm
Vista Room, SCRC $55
Sec 11: TuTh, 1/12-3/3, 7:05am-8:15am
Dynasty Room, JWC $55
Sec 12: TuTh, 1/12-3/3, 10:25am-11:40am
Dynasty Room, JWC $55
Sec 13: TuTh, 1/12-3/3, 12:10pm-1:10pm
Dynasty Room, JWC $55
Sec 14: TuTh, 1/12-3/3, 6:00pm-7:10pm
Santa Fe Room, JWC $55
Sec 15: TuTh, 1/12-3/3, 6:30pm-7:30pm
Santa Fe Room, JWC $55
Sec 16: MWF, 1/11-3/9, 6:50am-8:00am
Dynasty Room, JWC $55
Sec 17: W, 1/13-3/2, 5:30pm-7:00pm
Santa Fe Room, SCRC $55
Sec 18: Sa, 1/9-3/2, 9:30am-11:00am
Dynasty Room, JWC $35
Sec 19: Yoga & Meditation:
Su, 1/10-3/3, 7:35pm-8:55pm
Dynasty Room, JWC $35

**YOGA (KREC) (Level BEG/INT)**

Sec 01: TuTh, 1/12-3/3, 7:00am-8:00am
Sec 02: TuTh, 1/12-3/3, 8:00am-9:25am
Sec 03: TuTh, 1/12-3/3, 8:05am-9:25am
Studio, KREC $55
Sec 04: Sa, 1/9-3/2, 11:00am-12:30pm
Studio, KREC $35

**YOGA (Level 2/3)**

Sec 05: Yoga & Artful Expression:
F, 1/15-3/4, 10:30am-12:00pm
Gold Room, JWC $35
Sec 06: F, 1/15-3/4, 9:30am-10:45am
Pyramid Room, JWC $35

**TENNIS LESSONS (Level Level)**

Sec 28: Tu, 1/12-2/23, 12:00pm-1:00pm
LatTC $45
Sec 29: W, 1/13-2/24, 7:00pm-8:00pm
LatTC $45
Sec 30: Th, 1/14-2/25, 7:00pm-8:00pm
LatTC $45

**TENNIS LESSONS (Level ADV)**

Sec 01: M, 1/11-3/9, 9:00am-10:15am
Dynasty Room, JWC $55
Sec 02: Tu, 1/12-3/3, 9:00am-10:15am
Legacy Room, JWC $30

**REGISTER ONLINE**

WWW.RECREATION.UCLA.EDU/REGISTER

WWW.RECREATION.UCLA.EDU
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
310.983.3064
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/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
- 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
- Rock Wall

www.recreation.ucla.edu/pft
310.206.6130 (JWC)
310.983.3064 (KREC)
310.825.3689 (BFIT)
To sign up, call or stop by the FITWELL Desk at the John Wooden Center, KREC, or BFIT
- $45/hr for students
- $55/hr for Recreation members
- $65/hr for UCLA affiliates

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### WINTER INTRAMURAL SPORTS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fee</th>
<th>Registration Period</th>
<th>Activity Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (League)</td>
<td>$70/team</td>
<td>1/4-1/12</td>
<td>1/17-3/4</td>
</tr>
<tr>
<td>7v7 Soccer (League)</td>
<td>$70/team</td>
<td>1/4-1/12</td>
<td>1/17-3/4</td>
</tr>
<tr>
<td>Cornhole (League)</td>
<td>$20/team</td>
<td>1/4-1/12</td>
<td>1/17-3/4</td>
</tr>
<tr>
<td>Spikeball (League)</td>
<td>$20/team</td>
<td>1/4-1/12</td>
<td>1/17-3/4</td>
</tr>
<tr>
<td>Racquetball (Singles) (League)</td>
<td>$10/person</td>
<td>1/4-1/12</td>
<td>1/17-3/4</td>
</tr>
</tbody>
</table>

REGISTER FOR INTRAMURAL SPORTS

To register for Intramurals, visit sportifik.com/ucla.

FREE AGENT SOCIAL

Monday, January 11, 5–6pm
LATC Clubhouse

This is a mandatory event for people looking to participate in Intramural Sports but do not have their own team. Registration required online via sportifik.com/ucla.

At the social, you will have the opportunity to:
- Meet your teammates
- Be placed on an Intramural team.
- Exchange contact information with your new teammates.

WWW.RECREATION.UCLA.EDU