

RECREATION CLASSES AT UAS

Winter 2020

Exclusively for Residents of University Apartments South

Registration will be available online December 4, 12pm at 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 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 2/3: Ages 18 months - 4 years with parent participant

Level	Days	Dates	Time	Location	Fee
1	Th	1/16 - 3/5	10:30 - 11:15am	Sepulveda Resource Room	\$35
1	Th	1/16 - 3/5	11:30 - 12:15pm	Sepulveda Resource Room	\$35
2/3	Th	1/16 - 3/5	12:30 - 1:15pm	Sepulveda Resource Room	\$35

CHILDREN'S DANCE

This is an introductory dance class that incorporates Beginning dance class. We incorporate creative movement, dramatic play, singing and storytelling while teaching young dancers basic technique and terminology.

Level 3: Ages 3 - 4 with parent present
Level 4: Ages 5 - 7 with parent present

Level	Days	Dates	Time	Location	Fee
3	M	1/13 - 3/2	5:00 - 5:45pm	Community Center	\$27
4	M	1/13 - 3/2	5:00 - 5:45pm	Community Center	\$27

no class 1/20, 2/17

CHILDREN'S FIT GYM

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

Level	Days	Dates	Time	Location	Fee
2	T	1/14 - 3/3	4:00 - 4:45pm	Community Center	\$35
3	T	1/14 - 3/3	5:00 - 5:45pm	Community Center	\$35

Please Note:

- These classes are brought to UAS residents at a low cost through subsidies from UASRA.
- Classes are not transferable.
- UAS Residents not living within University Apartments South are encouraged to participate in these classes but facility access cannot be guaranteed.
- Siblings of ages outside of specified age range of youth classes are not permitted to participate without prior approval by the instructor.
- Participants that are more than 10 minutes late for fitness classes will not be able to participate.



ADULT TOTAL BODY WORKOUT

This 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.

Level	Days	Dates	Time	Location	Fee
ALL	M	1/13 - 3/2	8:15 - 9:15pm	Community Center	\$8

no class 1/20, 2/17

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	1/13 - 3/2	7:00 - 8:00pm	Community Center	\$27

no class 1/20, 2/17

ADULT PILATES & CONDITIONING

Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture. *Please bring your own fitness mat.*

Level	Days	Dates	Time	Location	Fee
ALL	Th	1/16 - 3/5	7:00 - 8:00pm	Community Center	\$35

ADULT CORE YOGA FLOW

This powerful vinyasa flow class is designed to help you will breathe, focus, move, stretch and balance. Core yoga is a heat building practice that allows you to move with your breath while building core strength. You will move mindful while building both strength and balance on the yoga mat. Wear clothes that allow for freedom of movement. *Please bring your own yoga mat.*

Level	Days	Dates	Time	Location	Fee
ALL	T	1/14 - 3/3	6:00 - 7:15pm	Community Center	\$35

ADULT DEEP STRETCH & RELAXATION

Unwind, stretch, breathe and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking, etc.) Wear clothes that allow for freedom of movement. *Please bring your own yoga mat.*

Level	Days	Dates	Time	Location	Fee
ALL	T	1/14 - 3/3	7:30 - 8:45pm	Community Center	\$35

MIND-BODY MOBILITY BY Z HEALTH

A neuro-centric approach to mobility, movement, balance and vision. Learn easy to follow self-facilitated techniques for activating your muscles, increasing range of motion and improving posture, motor control and coordination. This is a great class for anyone with pain or discomfort anywhere in their body: shoulders, elbows, neck, back, hips, knees, ankles, feet, etc.

Level	Days	Dates	Time	Location	Fee
ALL	TH	1/16 - 3/5	8:15 - 9:15pm	Community Center	\$35