UCLA Recreation offers a wide range of recreational activities and services. Our programming encompasses the competitive, social, cultural, and instructional aspects of recreational activity. UCLA students, faculty, staff, and eligible alumni affiliates (and their family members) can access our many programs and facilities.

**FITNESS & WELLNESS**

FITWELL is a broad-based fitness and wellness program that offers a variety of services for students and campus employees. The program activates wellness on campus by educating, motivating, and empowering faculty, staff, and students to make healthy lifestyle choices specifically in the areas of fitness and exercise, nutrition and weight management, stress management, and general health education.

- Personal Fitness Training
- Fitwell Workshops
- Chair Massage

Fitwell.ucla.edu

**CLUB SPORTS**

Club Sports exist to provide interested individuals an opportunity to participate in a wide range of activities that will assist with skill development and personal growth, while providing a chance to compete at a high level. All clubs are student-initiated programs that are administrated by UCLA Recreation. Although it varies from club to club, most clubs practice 2-3 times per week, with competition against other collegiate teams on the weekends.

To find a full listing of all our current club sports, visit the Club Sports website:

ClubSports.ucla.edu

**INTRAMURAL SPORTS**

Intramural Sports provides the UCLA community an opportunity to participate in organized sports and recreational activities. A variety of leagues, tournaments, and special events are offered each quarter. Participation is more leisurely than club sports, and promotes an active lifestyle and friendly competition in a fun, safe environment.

Intramural.sports.ucla.edu

**AQUATICS**

With beautiful weather year-round, UCLA Recreation offers endless opportunities to take advantage of Los Angeles' blue skies. Dive into one of our six pools or paddle out at the Marina Aquatic Center and soak up the LA sun.

- Personal Fitness Training
- Fitwell Workshops
- Chair Massage

Fitwell.ucla.edu

**MARINA AQUATIC CENTER**

The Marina Aquatic Center (MAC) is UCLA’s premier water-front recreation facility just 10 miles from campus in scenic Marina del Rey. The MAC is home to kayaking, rowing, sailing, surfing, stand up paddleboarding and windsurfing classes, as well as the UCLA Men’s and Women’s Rowing Teams, UCLA Sailing Team, MAC Junior Rowing Team, and youth boating programs. The MAC is open to the public, and also offers rentals and lessons for the following:

- Rowing
- Sailing
- Stand Up Paddling
- Surfing

Marina.ucla.edu

**OUTDOOR ADVENTURES**

Outdoor Adventures provides a variety of recreational and instructional opportunities including a Challenge Course, Outdoor Trips, a Bike Shop, a Rock Wall, and an Outdoor Equipment Rental Center. Outdoor Adventures’ programming is designed to nurture and encourage a life-long love of outdoor pursuits.

Outdoor.adventures.ucla.edu

**YOUTH PROGRAMS**

UCLA Recreation Youth and Family Programs provides a wide range of recreation and enrichment programs for families including summer camps, youth lessons, adaptive programs, after-school programs, and special events.

- Year-round Camps
- Youth Lessons
- After School & Weekend Programs
- Adaptive Programs

Youth.adventures.ucla.edu
Wear athletic clothing and shoes. Bring your own yoga mat.

No enrollment/sign-up necessary. First come, first serve.

Classes available only for KREC members.

Traditional formats: Hatha, Vinyasa Flow, Ashtanga, the latest equipment including TRXs Total Body Challenge and HIIT classes featuring all Stages Spin bikes and classes

Get your Pass:

New formats: Core Yoga Flow, Yoga Sculpt, and Yoga, and Meditation and Iyengar

Read below for more details on each of the passes and how you can obtain your own for the quarter.

activities with multiple prices are arranged into two tiers:

For more info, contact Sales & Service at:

In-person registration is also available at Sales & Service in the John Wooden Center.

$45/quarter

Unlimited access to all the most popular workouts

$35/quarter

Unlimited access to martial arts classes all quarter

$85/quarter

Bonus membership to Open Mat Training included

$45/quarter

Unlimited access to all the most popular workouts

$86/quarter

Bonus membership to Open Mat Training included

For more info, contact Sales & Service at:

In-person registration is also available at Sales & Service in the John Wooden Center.

$45/quarter