

# UCLA Recreation

[www.recreation.ucla.edu/recquarterly](http://www.recreation.ucla.edu/recquarterly)

## COMMONLY-USED CONTACTS

### Recreation Sales & Service

310.825.3701

### Reservations

#### Racquetball/Squash

310.206.8307

#### Tennis Courts

310.825.3671

### FITWELL Services

310.206.6130

[fitwell@recreation.ucla.edu](mailto:fitwell@recreation.ucla.edu)

## 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).



# REC QUARTERLY

WINTER 2016 ACTIVITY GUIDE



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](http://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.

**BHANGRA 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 on 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](http://www.recreation.ucla.edu/register) or show up on the first day of the section to see if there's space.

**Sec 01:** MW, 1/11-2/8, 8:30am-9:30am

**Sec 02:** TuTh, 1/12-2/4, 8:30am-9:30am

Dungeon/NW Corner, Drake \$35

**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](http://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, ragaeton, and more.

# HOW DO I REGISTER?

Register online at [www.recreation.ucla.edu/register](http://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](http://www.recreation.ucla.edu/registerinfo).

Contact Sales & Service at [info@recreation.ucla.edu](mailto: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](http://www.recreation.ucla.edu/registerinfo) or contact Sales & Service for details.



[facebook.com/  
uclarecreation](https://facebook.com/uclarecreation)

Check out intro activities marked with a “\*” at no additional cost.

## • • WINTER CLASSES & ACTIVITIES

### ADAPTIVE PROGRAMS

UCLA Recreation provides inclusive and specialized programs in many areas. [www.recreation.ucla.edu/adaptiveprograms](http://www.recreation.ucla.edu/adaptiveprograms)

#### ADAPTIVE TENNIS / ACEING AUTISM (Level BEG)

**Sec 01:** Sa, 1/9-2/27, 1:00pm-2:00pm  
Tennis courts 1,2 & 3, SCRC \$200/\$220

#### 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, 1/9-2/13, 9:30am-11:30am  
Various, JWC \$120/\$140

#### WHEELCHAIR BASKETBALL (Level BEG)

**Sec 01:** Tu, 1/5-3/15, 4:00pm-7:30pm  
Collins Court #1, JWC

### 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, 7:00pm-7:50pm  
**Sec 04:** MW, 2/17-3/14, 6:00pm-6:50pm  
**Sec 05:** TuTh, 2/16-3/10, 7:00pm-7:50pm  
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, 7:00pm-7:50pm  
**Sec 04:** MW, 2/17-3/14, 6:00pm-6:50pm  
**Sec 05:** TuTh, 2/16-3/10, 7:00pm-7:50pm  
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:** M, 1/11-3/14, 8:00pm-10:00pm  
Park Pool, SCRC \$80/\$120

##### AMERICAN RED CROSS CLASSES

[www.recreation.ucla.edu/  
safetycourses](http://www.recreation.ucla.edu/safetycourses)

##### LIFEGUARD TRAINING WITH TITLE 22 (Level ADV)

**Sec 01:** TuWTh, 1/26-2/11, 6:00pm-10:00pm  
North Pool Classroom, North Pool \$170/\$220

##### LIFEGUARD REVIEW (Level ADV)

**Sec 01:** SaSu, 1/23-1/24, 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:** Su, 1/24, 6:00pm-8:00pm  
**Sec 02:** Su, 2/21, 6:00pm-8:00pm  
North Pool Classroom, North Pool \$30/\$40

## • • WINTER CLASSES & ACTIVITIES CONTINUED

### WATER EXERCISE

[www.recreation.ucla.edu/waterexercise](http://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, 1/11-3/14, 6:15pm-7:10pm  
South Pool, Rehabilitation Bldg \$68/\$100

### ARTHRITIS H2O (Level ALL)

**Sec 01:** TuTh, 1/5-3/10, 5:15pm-6:10pm  
South Pool, Rehabilitation Bldg \$170/\$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, 1/11-3/14, 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 \$55

### 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 TRUING \*

**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:** SaSu, 1/16-1/17, 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

## DANCE

### BALLET (Level BEG)

**Sec 01:** Tu, 1/12-2/23, 4:00pm-5:25pm  
**Sec 02:** Th, 1/14-2/25, 3:30pm-5:00pm  
Gold Room, JWC \$45

### BALLET (Level AB)

**Sec 03:** W, 1/13-2/24, 2:30pm-3:55pm  
Gold Room, JWC \$45

### BALLET (Level INT)

**Sec 04:** M, 1/11-3/7, 2:15pm-3:45pm  
Gold Room, JWC \$50

### BALLET BARRE (Level ALL)

**Sec 01:** W, 1/13-2/24, 9:10am-10:25am  
Gold Room, JWC \$40

### BALLROOM (Level ALL)

**Sec 01:** Tu, 1/12-2/23, 7:30pm-8:45pm  
Dynasty Room, JWC \$50

### BELLY DANCING (Level ALL)

**Sec 01:** M, 1/11-3/7, 9:30pm-10:30pm  
Pyramid Room, JWC \$40

### BOLLYWOOD (Level ALL)

**Sec 01:** M, 1/11-3/7, 7:00pm-8:00pm  
Dynasty Room, JWC \$40

### CONTEMPORARY (Level ALL)

**Sec 01:** Th, 1/14-2/25, 3:00pm-4:25pm  
Dynasty Room, JWC \$45

### HIP HOP (Level ALL)

**Sec 01:** Tu, 1/12-2/23, 9:30pm-10:45pm  
**Sec 02:** W, 1/13-2/24, 9:15pm-10:30pm  
Pyramid Room, JWC \$45  
**Sec 03:** Th, 1/14-2/25, 7:55pm-9:10pm  
Gold Room, JWC \$45

### HIP HOP CONTEMPORARY (Level ALL)

**Sec 04:** W, 1/13-2/24, 6:40pm-7:55pm  
Dynasty Room, JWC \$45

### JAZZ (Level BEG)

**Sec 01:** M, 1/11-3/7, 3:45pm-5:00pm  
Gold Room, JWC \$40

### JAZZ (Level INT)

**Sec 02:** W, 1/13-2/24, 3:55pm-5:10pm  
Gold Room, JWC \$45

### JAZZ LYRICAL (Level INT)

**Sec 03:** Th, 1/14-2/25, 7:15pm-8:45pm  
Dynasty Room, JWC \$50

### 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, 1/11-3/7, 8:00pm-9:30pm  
Dynasty Room, JWC \$45

### SALSA (Level INT)

**Sec 02:** Tu, 1/12-2/23, 9:00pm-10:30pm  
Dynasty Room, JWC \$50

### SWING (Level BEG)

**Sec 01:** W, 1/13-2/24, 5:00pm-6:30pm  
Dynasty Room, JWC \$45

### TANGO (Level BEG)

**Sec 01:** M, 1/11-3/7, 9:30pm-10:55pm  
Dynasty Room, 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  
Studio 2314, JWC \$45  
*\*only 4 weeks*

### REFORMER PILATES (Level BEG/INT)

**Sec 07:** Tu, 1/5-2/2, 11:00am-12:00pm  
**Sec 08:** Tu, 2/9-3/8, 11:00am-12:00pm  
**Sec 09:** Tu, 1/5-2/2, 1:10pm-2:10pm  
**Sec 10:** Tu, 2/9-3/8, 1:10pm-2:10pm  
**Sec 11:** Tu, 1/5-2/2, 2:10pm-3:10pm  
**Sec 12:** Tu, 2/9-3/8, 2:10pm-3:10pm  
**Sec 13:** W, 1/6-2/3, 10:00am-11:00am  
**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, 1:10pm-2:10pm  
**Sec 20:** W, 2/10-3/9, 1:10pm-2:10pm  
**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

**Sec 26:** Th, 2/11-3/10, 5:30pm-6:30pm  
**Sec 27:** F, 1/8-2/5, 10:00am-11:00am  
**Sec 28:** F, 2/12-3/11, 10:00am-11:00am  
**Sec 29:** F, 1/8-2/5, 11:00am-12:00pm  
**Sec 30:** F, 2/12-3/11, 11:00am-12:00pm  
**Sec 31:** F, 1/8-2/5, 12:05pm-1:05pm  
**Sec 32:** F, 2/12-3/11, 12:05pm-1:05pm  
**Sec 33:** F, 1/8-2/5, 2:00pm-3:00pm  
**Sec 34:** F, 2/12-3/11, 2:00pm-3:00pm  
Studio 2314, JWC \$55

## MIND / BODY

### PILATES

See Group Exercise for group mat classes.

### TAI CHI / QI GONG

See Martial Arts.

### YOGA / MEDITATION

See Yoga.

## JWC FITNESS CLASSES

### INTRO TO BARBELL (Level BEG)

**Sec 01:** MW, 1/11-2/8, 8:30am-9:30am  
**Sec 02:** TuTh, 1/12-2/4, 8:30am-9:30am  
Dungeon/NW Corner, Drake \$35

### BARBELL - OLYMPIC LIFTS (Level INT)

**Sec 01:** TuTh, 2/9-3/3, 8:30am-9:30am  
Dungeon/NW Corner, Drake \$35

### BARBELL-POWER LIFTS (Level INT)

**Sec 01:** MW, 2/10-3/9, 8:30am-9:30am  
Dungeon/NW Corner, Drake \$35

### INTRO TO KETTLEBELL TRAINING (Level BEG)

**Sec 01:** MW, 1/11-1/27, 4:00pm-5:00pm  
**Sec 02:** TuTh, 1/12-1/26, 4:00pm-5:00pm  
Courtyard, JWC \$25

### INTRO TO RECREATION/CLASS SAMPLER (Level BEG)

**Sec 01:** MW, 1/11-2/8, 2:00pm-3:00pm  
Pyramid Rm, JWC \$35

### INTRO TO STRENGTH TRAINING (Level BEG)

**Sec 01:** TuTh, 1/12-3/3, 2:00pm-3:00pm  
FitWell Desk, JWC \$55

## BFIT FITNESS CLASSES

Open to all UCLA undergraduate students.  
[www.recreation.ucla.edu/bfit](http://www.recreation.ucla.edu/bfit)

### INTRO TO STRENGTH TRAINING (Level BEG)

**Sec 01:** T/TH, 1/12-3/3, 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

## LEARN TO BFIT SERIES (1-4)

REGISTER FOR ENTIRE SERIES BELOW FOR \$50  
**Sec 01:** M/Tu/W/Th, 1/12-2/10, 4:00pm - 5:00pm  
FitWell Desk, BFIT \$50

### LBFIT-1 CIRCUIT BASICS (Level BEG)

**Sec 01:** M/W, 1/11-1/13, 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, 2/1-2/3, 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, 1/12-3/8, 8:00pm - 8:45pm  
**Sec 02:** Th, 1/14-3/10, 8:00pm - 8:45pm  
Cardio Zones, BFIT \$30

## KREC FITNESS CLASSES

KREC is open to UCLA graduate students and eligible members who have purchased membership to this facility.  
[www.recreation.ucla.edu/krec](http://www.recreation.ucla.edu/krec)

### INTRO TO BARBELL

**Sec 01:** F, 1/22-2/19, 4:15pm-5:15pm  
Courtyard, KREC \$20

### INTRO TO KETTLEBELL TRAINING

**Sec 01:** F, 1/22-2/19, 5:15pm-6:15pm  
Courtyard, KREC \$20

### SPIN (Level BEG/INT)

**Sec 01:** M, 1/11-3/14, 6:30pm-7:30pm  
**Sec 02:** Tu, 1/12-3/1, 7:40pm-8:40pm  
**Sec 03:** W, 1/13-3/2, 5:15pm-6:15pm  
Studio, KREC \$25

### YOGA (KREC)

See Yoga.

### TOTAL BODY CONDITIONING

**Sec 01:** W, 1/13-3/2, 6:30pm-7:30pm  
Studio, KREC \$25

### IFT

**Sec 01:** M, 1/11-3/14, 5:15pm-6:15pm  
Courtyard, KREC \$25

### ZUMBA (Level BEG/INT)

**Sec 01:** M, 1/11-3/14, 7:40pm-8:40pm  
**Sec 02:** Th, 1/14-3/3, 7:40pm-8:40pm  
Studio, KREC \$25

### ROWING (Level BEG/INT)

**Sec 01:** Tu, 1/12-3/8, 6:30pm-7:30pm  
**Sec 02:** Th, 1/14-3/10, 6:30pm-7:30pm  
Studio, KREC \$25

## KAYAKING

### SUNSET/FULL-MOON PADDLE

**Sec 01:** Sa, 1/16, 4:00pm-6:00pm  
**Sec 02:** Sa, 2/6, 4:00pm-6:00pm  
**Sec 03:** Sa, 3/19, 4:00pm-6:00pm  
MAC, Marina Del Rey \$26/\$36

### TASTE OF SEA KAYAKING

**Sec 01:** Su, 2/7, 9:30am-12:00pm  
**Sec 02:** Sa, 3/19, 9:30am-12:00pm  
MAC, Marina Del Rey \$33/\$45

### SEA KAYAKING I

**Sec 01:** Su, 1/10-1/17, 9:00am-1:00pm  
**Sec 02:** Sa, 2/6-2/13, 9:00am-1:00pm  
**Sec 03:** Sa, 3/5-3/12, 9:00am-1:00pm  
MAC, Marina Del Rey \$104/\$144

### SEA KAYAKING II

**Sec 01:** Sa, 1/23-1/30, 12:00pm-4:00pm  
**Sec 01:** Su, 2/21-2/28, 12:00pm-4:00pm  
MAC, Marina Del Rey \$104/\$144

### SEA KAYAKING III

**Sec 01:** Su, 3/6-3/13, 11:00am-3:00pm  
MAC, Marina Del Rey \$128/\$176

### SEA KAYAKING IV

**Sec 01:** Sa, 2/20-2/27, 11:00am-3:00pm  
**Sec 02:** Sa, 3/12-3/19, 11:00am-3:00pm  
MAC, Marina Del Rey \$128/\$176

### BEACH LANDING & SURF ZONE WORKSHOP

**Sec 01:** Su, 3/13, 11:00am-3:00pm  
MAC, Marina Del Rey \$64/\$88

### ESKIMO ROLL WORKSHOP

**Sec 01:** Th, 1/21, 8:00pm-9:30pm  
**Sec 02:** Th, 2/18, 8:00pm-9:30pm  
**Sec 03:** Th, 3/10, 8:00pm-9:30pm  
Family Pool, SCRC \$20/\$27

## MARTIAL ARTS

Learn more at  
[uclaclubsports.com/martialarts](http://uclaclubsports.com/martialarts)

### OPEN MAT TRAINING

Practice what you learn in class at Open Mat! 10+ hours of training time a week with martial arts equipment available to use. \$30/quarter. Schedule available at:  
[www.uclaclubsports.com/openmat](http://www.uclaclubsports.com/openmat)

### BOXING (Level ALL)

**Sec 01:** M, 1/11-3/7, 7:30pm-8:45pm  
Blue Room, JWC \$40

### BOXING WORKOUT (Level ALL)

**Sec 01:** Tu, 1/12-3/1, 7:30am-8:30am  
**Sec 02:** Th, 1/14-3/3, 7:30am-8:30am  
North Lawn, Drake \$35

### BRAZILIAN JIU JITSU (Level ALL)

**Sec 01:** TuTh, 1/12-3/3, 7:00pm-8:00pm  
Blue Room, JWC \$50

### BRAZILIAN JIU JITSU (Level AB)

**Sec 02:** Sa, 1/9-2/27, 12:00pm-2:00pm  
Blue Room, JWC \$55

### BRUIN SELF DEFENSE (Level ALL) \*

**Sec 01:** W, 1/13, 5:30pm-7:00pm  
**Sec 02:** W, 1/20, 5:30pm-7:00pm  
**Sec 03:** W, 1/27, 5:30pm-7:00pm  
**Sec 04:** W, 2/3, 5:30pm-7:00pm  
**Sec 05:** W, 2/10, 5:30pm-7:00pm  
**Sec 06:** W, 2/17, 5:30pm-7:00pm  
**Sec 07:** W, 2/24, 5:30pm-7:00pm  
**Sec 08:** W, 3/2, 5:30pm-7:00pm  
Yates Gym, JWC

### FMA (KALI) (Level ALL)

**Sec 01:** M, 1/11-3/7, 5:30pm-7:00pm  
Yates Gym, JWC \$50

### HYBRID KICKBOXING (Level ALL)

**Sec 01:** TuTh, 1/12-3/3, 6:00pm-7:00pm  
Blue Room, JWC \$50

### JEET KUNE DO (Level ALL)

**Sec 01:** W, 1/13-3/2, 5:30pm-6:45pm  
Blue Room, JWC \$40

### JUDO (Level ALL)

**Sec 01:** TuTh, 1/12-3/3, 4:00pm-5:00pm  
Blue Room, JWC \$55

### KICKBOXING WORKOUT (Level ALL)

**Sec 01:** M, 1/11-3/7, 7:00am-8:00am  
**Sec 02:** W, 1/13-3/2, 7:00am-8:00am  
Gold Room, JWC \$35

### KRAV MAGA (Level ALL)

**Sec 01:** M, 1/11-3/7, 6:30pm-7:30pm  
Blue Room, JWC \$35  
**Sec 02:** W, 1/13-3/2, 7:15pm-8:30pm  
Gold Room, JWC \$45

### MARTIAL ARTS LEADERSHIP TEAM (Level ALL)

**Sec 01:** WF, 1/15-3/4, 4:00pm-5:30pm  
Blue Room, JWC \$40

### MMA (Level ALL)

**Sec 01:** M, 1/11-3/7, 5:15pm-6:30pm  
Blue Room, JWC \$40

### MUAY THAI (Level BEG)

**Sec 01:** MW, 1/11-3/9, 5:15pm-6:15pm  
Gold Room, JWC \$55

### MUAY THAI (Level INT)

**Sec 02:** MW, 1/11-3/9, 6:15pm-7:15pm  
Gold Room, JWC \$60

### NINJUTSU (Level ALL)

**Sec 01:** W, 1/13-3/2, 6:45pm-8:30pm  
Blue Room, JWC \$50

### PARKOUR (Level ALL)

**Sec 01:** SaW 1/9-3/2 \$65  
Sa, 2:00pm-3:15pm, Yates Gym, JWC &  
W, 7:00pm-8:15pm, N. Lawn, Drake Stadium

### SHOTOKAN KARATE (Level ALL)

**Sec 01:** TuTh, 1/12-3/3, 6:35pm-7:35pm  
Gold Room, JWC \$55

### TAI CHI (Level ALL)

**Sec 01:** W, 1/13-3/2, 12:00pm-1:00pm  
Gold Room, JWC \$35

### WING CHUN (Level BEG)

**Sec 01:** M, 1/11-3/7, 4:00pm-5:15pm  
Blue Room, JWC \$40

## 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](http://www.recreation.ucla.edu/oa)

### CAMP AND EXPLORE JOSHUA TREE

Transportation provided.  
**Trip Date(s):** F-Su, 1/22-1/24 \$185/\$230

### SKI AND RIDE BIG BEAR

Transportation provided.  
**Trip Date(s):** Sa, 1/30 \$115/\$140

### CAMP AND SNORKEL SANTA CRUZ ISLAND

Transportation provided.  
**Trip Date(s):** SaSu, 1/30-1/31 \$200/\$265

### BACKPACK SESPE HOT SPRINGS

Transportation provided.  
**Trip Date(s):** F-Su, 2/5-2/7 \$165/\$180

### OUTDOOR ROCK CLIMBING

Transportation provided.  
**Trip Date(s):** Sa, 2/6 \$30/\$40

### CANOE THE BLACK CANYON OF THE COLORADO RIVER

Transportation provided.  
**Trip Date(s):** F-M, 2/12-2/15 \$275/\$345

### SNOWSHOE BACKPACK YOSEMITE NATIONAL PARK

Transportation provided.  
**Trip Date(s):** F-M, 2/12-2/15 \$275/\$325

### BISHOP BOULDERING

Transportation provided.  
**Trip Date(s):** F-Su, 2/19-2/21 \$180/\$220

### 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, 1/20-2/24, 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, 1/28, 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  
Rock Wall, JWC \$15

## ROWING

### SCULLING I

**Sec 01:** SaSu, 1/9-1/17, 7:00am-10:00am  
**Sec 02:** TuTh, 1/12-1/28, 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  
MAC, Marina Del Rey \$132/\$180

### SCULLING II-TECHNIQUE WORKSHOP

**Sec 01:** TuTh, 2/2-2/4, 6:30am-8:30am  
**Sec 02:** SaSu, 2/27-2/28, 7:00am-9:00am  
**Sec 03:** TuTh, 3/15-3/17, 6:30am-8:30am  
MAC, Marina Del Rey \$52/\$72

### SCULLING 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

### 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  
**Sec 02:** SaSu, 3/5-3/13, 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  
**Sec 02:** SaSu, 3/5-3/13, 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 IIIA-RS VISION

**Sec 01A:** 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:** MW, 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:** MW, 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:** F, 1/15-2/26, 12:30pm-2:30pm  
Yates Gym, JWC \$70

### RUNNING & CONDITIONING (Level ALL)

**Sec 01:** MW, 1/11-3/2, 6:00pm-7:15pm  
Drake Gate, Drake \$55

### SOCCER (Level ALL)

**Sec 01:** M, 1/11-3/7, 3:30pm-5:00pm  
**Sec 02:** Tu, 1/12-2/23, 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

## 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-11:30am  
**Sec 02:** Su, 3/13, 9:30am-11:30am  
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

### 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, 3/11-3/18, 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, 2/26-3/4, 2:00pm-5:00pm  
**Sec 03:** F, 3/11-3/18, 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

## TENNIS

For class descriptions and details, visit [www.recreation.ucla.edu/tennis](http://www.recreation.ucla.edu/tennis).

### TENNIS LESSONS (Level BEG)

**Sec 01:** M, 1/11-3/7, 5:00pm-6:00pm  
**Sec 02:** M, 1/11-3/7, 7:00pm-8:00pm  
**Sec 03:** Tu, 1/12-2/23, 5:00pm-6:00pm  
**Sec 04:** Tu, 1/12-2/23, 6:00pm-7:00pm  
**Sec 05:** W, 1/13-2/24, 10:00am-11:00am  
**Sec 06:** W, 1/13-2/24, 5:00pm-6:00pm  
**Sec 07:** W, 1/13-2/24, 8:00pm-9:00pm  
**Sec 08:** Th, 1/14-2/25, 11:00am-12:00pm  
**Sec 09:** Th, 1/14-2/25, 6:00pm-7:00pm  
**Sec 10:** Th, 1/14-2/25, 8:00pm-9:00pm  
**Sec 11:** Sa, 1/9-2/20, 10:00am-11:00am  
LATC \$45

### TENNIS LESSONS (Level ADV BEG)

**Sec 12:** M, 1/11-3/7, 6:00pm-7:00pm  
**Sec 13:** Tu, 1/12-2/23, 11:00am-12:00pm  
**Sec 14:** Tu, 1/12-2/23, 8:00pm-9:00pm  
**Sec 15:** W, 1/13-2/24, 11:00am-12:00pm  
**Sec 16:** W, 1/13-2/24, 6:00pm-7:00pm  
**Sec 17:** Th, 1/14-2/25, 10:00am-11:00am  
**Sec 18:** Sa, 1/9-2/20, 11:00am-12:00pm  
**Sec 19:** Su, 1/10-2/21, 12:00pm-1:00pm  
LATC \$45

### TENNIS LESSONS (Level INT)

**Sec 20:** M, 1/11-3/7, 8:00pm-9:00pm  
**Sec 21:** Tu, 1/12-2/23, 10:00am-11:00am  
**Sec 22:** Tu, 1/12-2/23, 7:00pm-8:00pm  
**Sec 23:** W, 1/13-2/24, 12:00pm-1:00pm  
**Sec 24:** Th, 1/14-2/25, 12:00pm-1:00pm  
**Sec 25:** Th, 1/14-2/25, 5:00pm-6:00pm  
**Sec 26:** Sa, 1/9-2/20, 12:00pm-1:00pm  
**Sec 27:** Su, 1/10-2/21, 1:00pm-2:00pm  
LATC \$45

### TENNIS LESSONS (Level ADV)

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

### TENNIS WORKOUT (Level INT)

**Sec 01:** M, 1/11-2/29, 6:00pm-8:00pm  
**Sec 02:** W, 1/13-2/17, 6:00pm-8:00pm  
LATC \$65

### TENNIS WORKOUT (Level ADV)

**Sec 03:** Tu, 1/12-2/16, 6:00pm-8:00pm  
**Sec 04:** Th, 1/14-2/18, 6:00pm-8:00pm  
LATC \$65

## YOGA

Please bring your own yoga mat.

[www.recreation.ucla.edu/yoga](http://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, 1/12-3/1, 7:35pm-8:55pm  
Vista Room, SCRC \$35  
**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 (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  
Dynasty 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 \$65  
**Sec 17:** W, 1/13-3/2, 5:30pm-7:00pm  
Santa Fe Room, SCRC \$35  
**Sec 18:** Sa, 1/9-3/12, 9:30am-11:00am  
Dynasty Room, JWC \$35  
**Sec 19-Yoga & Meditation:**  
Su, 1/10-3/13, 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, 1/9-3/12, 11:00am-12:30pm  
Studio, KREC \$35

### YOGA (Level 2/3)

**Sec 20:** WF, 1/13-3/4, 9:20am-10:40am  
Dynasty Room (W), Pyramid (F), JWC \$55  
**Sec 21:** MW, 1/11-3/9, 6:45pm-8:05pm  
Vista Room, SCRC \$55  
**Sec 22:** TuTh, 1/12-3/3, 9:00am-10:20am  
Dynasty Room, JWC \$55  
**Sec 23:** TuTh, 1/12-3/3, 4:30pm-5:55pm  
Dynasty Room, JWC \$55  
**Sec 24:** F, 1/15-3/4, 5:35pm-7:00pm  
Vista Room, SCRC \$40

### MEDITATION (Level BEG)

**Sec 01:** W, 1/13-3/2, 9:45am-10:30am  
Pyramid Room, JWC \$30  
**Sec 02:** Tu, 1/12-3/1, 9:30am-10:15am  
Legacy Room, JWC \$30

REGISTER ONLINE  
[WWW.RECREATION.UCLA.EDU/REGISTER](http://WWW.RECREATION.UCLA.EDU/REGISTER)

## •• MORE REC SERVICES



**FITWELL**

[www.recreation.ucla.edu/fitwell](http://www.recreation.ucla.edu/fitwell)

Providing fitness and wellness services for UCLA faculty, staff, and departments.

Visit [www.recreation.ucla.edu/fitzones](http://www.recreation.ucla.edu/fitzones) for workouts conveniently located near where you work at no cost.



**CHAIR MASSAGE**

[www.recreation.ucla.edu/chairmassage](http://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.



**PERSONAL FITNESS TRAINING**

[www.recreation.ucla.edu/pft](http://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



[www.recreation.ucla.edu/privateinstruction](http://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



**MARINA AQUATIC CENTER RENTALS**

[www.recreation.ucla.edu/mac](http://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



**OUTDOOR ADVENTURES RESOURCES**

[www.recreation.ucla.edu/oa](http://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

## •• WINTER INTRAMURAL SPORTS

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

### REGISTER FOR INTRAMURAL SPORTS

To register for Intramurals, visit [sportifik.com/ucla](http://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](http://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.