

# 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)

## 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

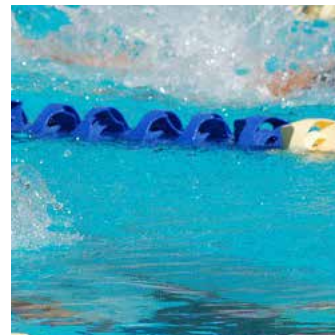
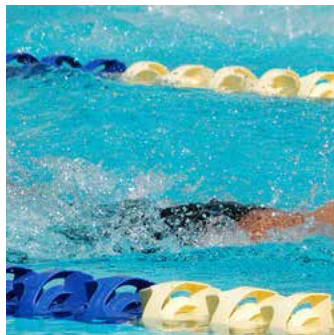
### KREC

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](http://www.recreation.ucla.edu/facilities).



# REC QUARTERLY

SUMMER 2016 ACTIVITY GUIDE



Try something new  
and take a  
Recreation class!



## ●● GROUP EXERCISE

# SESSION A: JUNE 22 – AUGUST 4 SESSION C: AUGUST 5 – SEPTEMBER 11

No classes July 3 and September 7.

The full Group Exercise schedule is available at [www.recreation.ucla.edu/groupx](http://www.recreation.ucla.edu/groupx)  
or from the FITWELL Desk.

### 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

#### 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. Ladders, cones, patterns and sports inspired drills are just some of the fun.

#### 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 WITH 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.

#### GUTS, BUTTS, & THIGHS

This class targets the midline and the legs for an amazing workout utilizing a variety of equipment.

#### 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](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, 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. Mat Pilates Plus adds traditional calisthenics and body weight 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](http://www.recreation.ucla.edu/register).

#### 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.

#### 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.

#### ULTIMATE UPPER BODY & CORE

Focused training for the upper body and midline using a variety of equipment.

#### TOTAL BODY CONDITIONING (TBC), TOTAL BODY CHALLENGE, TOTAL BODY WITH RECOVERY

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.

#### 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.

#### YOGALATTES

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:** Community. Community patrons cannot directly register online. Visit [www.recreation.ucla.edu/registerinfo](http://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](http://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  
**Sec 02:** TuTh, 6/21-7/14, 6:30pm-7:20pm  
North Pool, Kaufman Hall \$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  
**Sec 02:** TuTh, 6/21-7/14, 6:30pm-7:20pm  
North Pool, Kaufman Hall \$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  
**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

### SWIM FOR FITNESS (Level ADV)

**Sec 01:** MW, 6/20-7/18, 7:30pm-8:20pm  
**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 [csvatos@recreation.ucla.edu](mailto:csvatos@recreation.ucla.edu) for info

### YOUTH SWIM LESSONS

To view our Summer youth and family swimming classes, visit [www.recreation.ucla.edu/summercamps](http://www.recreation.ucla.edu/summercamps) or pick up our Summer Camps booklet.

### WATER EXERCISE

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

### WAVEMAKERS (Level BEG)

**Sec 01:** Tu, 6/14-7/12, 11:00pm-12:00pm  
**Sec 02:** Th, 6/16-7/14, 11:00pm-12:00pm  
**Sec 03:** Tu, 7/19-8/16, 11:00pm-12:00pm  
**Sec 04:** Th, 7/21-8/18, 11:00pm-12:00pm  
**Sec 05:** Tu, 8/23-9/20, 11:00pm-12:00pm  
**Sec 06:** Th, 8/25-9/22, 11:00pm-12:00pm  
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, 6/14-7/14, 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, 6/15-7/13, 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

### AQUA FLUID JOINTS (Level BEG)

**Sec 01:** W, 6/15-7/13, 6:15pm-7:10pm  
**Sec 02:** W, 7/20-8/17, 6:15pm-7:10pm  
**Sec 03:** W, 8/24-9/21, 6:15pm-7:10pm  
South Pool, Rehabilitation Bldg \$40/\$60

### AQUA YOGA (Level INT)

**Sec 01:** M, 6/13-7/11, 6:15pm-7:10pm  
**Sec 02:** M, 7/18-8/15, 6:15pm-7:10pm  
**Sec 03:** M, 8/22-9/19, 6:15pm-7:10pm  
South Pool, Rehabilitation Bldg \$40/\$60

### WARM WATER FITNESS (Level BEG)

**Sec 01:** Tu, 6/14-7/12, 6:15pm-7:10pm  
**Sec 02:** Tu, 7/19-8/16, 6:15pm-7:10pm  
**Sec 03:** Tu, 8/23-9/20, 6:15pm-7:10pm  
South Pool, Rehabilitation Bldg \$40/\$60

### PRE/POST NATAL WATER X (Level ALL)

**Sec 01:** M, 6/13-7/11, 5:15pm-6:10pm  
**Sec 02:** M, 7/18-8/15, 5:15pm-6:10pm  
**Sec 03:** M, 8/22-9/19, 5:15pm-6:10pm  
South Pool, Rehabilitation Bldg \$40/\$60

## AMERICAN RED CROSS CLASSES

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

**Sec 01:** MTuWThF, 6/13-6/24, 6:00pm-10:00pm  
**Sec 02:** F, 7/8-7/17, 6:00pm-10:00pm  
SaSu, 7/8-7/17, 9:00am-6:00pm  
**Sec 03:** TuWTh, 8/16-9/1, 6:00pm-10:00pm  
North Pool, Kaufman Hall \$200/\$250

### LIFEGUARD REVIEW (Level ADV)

**Sec 01:** SaSu, 6/25-6/26, 9:00am-6:00pm  
**Sec 02:** SaSu, 8/6-8/7, 9:00am-6:00pm  
**Sec 03:** SaSu, 9/3-9/4, 9:00am-6:00pm  
North Pool, Kaufman Hall \$100/\$150

### LIFEGUARD INSTRUCTOR TRAINING (Level ADV)

**Sec 01:** SaSu, 7/23-8/6, 10:00am-2:00pm  
North Pool, Kaufman Hall \$175/\$225

### ADULT AND CHILD FIRST AID/CPR/AED (Level BEG)

**Sec 01:** Sa, 7/16, 9:00am-3:00pm  
**Sec 02:** Sa, 8/20, 9:00am-3:00pm  
**Sec 03:** Sa, 9/10, 9:00am-3:00pm  
North Pool, Kaufman Hall \$45/\$55

## DANCE

### BALLET (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 03:** M, 6/27-7/25, 11:00am-12:00pm  
**Sec 05:** M, 6/27-7/25, 12:05pm-1:05pm  
Racquetball Court 10, JWC \$45  
**Sec 02:** M, 8/8-9/12, 10:00am-11:00am  
**Sec 04:** M, 8/8-9/12, 11:00am-12:00pm  
**Sec 06:** M, 8/8-9/12, 12:05pm-1:05pm  
**Sec 07:** Tu, 6/28-7/26, 10:00am-11:00am  
**Sec 08:** Tu, 8/2-8/30, 10:00am-11:00am  
**Sec 09:** Tu, 6/28-7/26, 11:00am-12:00pm  
**Sec 10:** Tu, 8/9-9/6, 11:00am-12:00pm  
**Sec 11:** Tu, 6/28-7/26, 1:10pm-2:10pm



**Sec 12:** Tu, 8/9-9/6, 1:10pm-2:10pm  
**Sec 13:** Tu, 6/28-7/26, 2:10pm-3:10pm  
**Sec 14:** Tu, 8/9-9/6, 2:10pm-3:10pm  
**Sec 15:** W, 6/29-7/27, 10:00am-11:00am  
**Sec 16:** W, 8/10-9/7, 10:00am-11:00am  
**Sec 17:** W, 6/29-7/27, 11:00am-12:00pm  
**Sec 18:** W, 8/10-9/7, 11:00am-12:00pm  
**Sec 19:** W, 6/29-7/27, 12:05am-1:05pm  
**Sec 20:** W, 8/10-9/7, 12:05am-1:05pm  
**Sec 21:** W, 6/29-7/27, 1:10pm-2:10pm  
**Sec 22:** Th, 8/10-9/7, 1:10pm-2:10pm  
**Sec 23:** Th, 6/30-7/28, 2:00pm-3:00pm  
**Sec 24:** Th, 8/11-9/8, 2:00pm-3:00pm  
**Sec 25:** Th, 6/30-7/28, 4:30pm-5:30pm  
**Sec 26:** Th, 8/11-9/8, 4:30pm-5:30pm  
**Sec 27:** Th, 6/30-7/28, 5:30pm-6:30pm  
**Sec 28:** Th, 8/11-9/8, 5:30pm-6:30pm  
**Sec 29:** F, 7/1-7/29, 10:00am-11:00am  
**Sec 30:** F, 8/12-9/9, 10:00am-11:00am  
**Sec 31:** F, 7/1-7/29, 11:00am-12:00pm  
**Sec 32:** F, 8/12-9/9, 11:00am-12:00pm  
**Sec 33:** F, 7/1-7/29, 12:05pm-1:05pm  
**Sec 34:** F, 8/12-9/9, 12:05pm-1:05pm  
 Racquetball Court 9, JWC \$55

## JWC FITNESS CLASSES

Open to all students & members

### INTRO TO BARBELL (Level BEG)

**Sec 01:** MW, 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

### BARBELL-OLYMPIC LIFTS (Level INT)

**Sec 01:** TuTh, 8/9-9/1, 8:30am-9:30am  
 NW Corner, Drake Stadium \$35

### BARBELL-POWER LIFTS (Level INT)

**Sec 01:** MW, 8/8-8/31, 8:30am-9:30am  
 NW Corner, Drake Stadium \$35

### INTRO TO KETTLEBELL TRAINING (Level BEG)

**Sec 01:** MW, 6/27-7/25, 4:00pm-5:00pm  
 Courtyard, JWC \$25

### INTRO TO STRENGTH TRAINING (Level BEG)

**Sec 01:** TuTh, 6/28-8/18, 3:00pm-3:55pm  
 FitWell Desk, JWC \$55

## 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)

### INTENSIVE FUNCTIONAL TRAINING

**Sec 01A:** M, 6/27-8/1, 5:30pm-6:30pm  
**Sec 01C:** M, 8/8-9/12, 5:30pm-6:30pm  
 Courtyard, KREC \$25

## ROWING

**Sec 01A:** Tu, 6/28-7/26, 6:30pm-7:30pm  
**Sec 02A:** Th, 6/30-7/28, 6:30pm-7:30pm  
**Sec 01C:** Tu, 8/9-9/6, 6:30pm-7:30pm  
**Sec 02C:** Th, 8/11-9/8, 6:30pm-7:30pm  
 Studio, KREC \$25

## 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

## TOTAL BODY CONDITIONING

**Sec 01A:** W, 6/29-7/27, 6:30pm-7:30pm  
**Sec 01C:** W, 8/10-9/7, 6:30pm-7:30pm  
 Studio, KREC \$25

## YOGA (KREC)

See Yoga.

## ZUMBA

**Sec 01A:** Th, 6/30-7/28, 7:40pm-8:40pm  
**Sec 01C:** Th, 8/11-9/8, 7:40pm-8:40pm  
 Studio, KREC \$25

## 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](mailto:mac@recreation.ucla.edu) for more information.  
 MAC, Marina Del Rey, \$ (see rental rates)

### SEA KAYAKING SAMPLER \*

**Sec 01:** Su, 6/19, 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 \$26/\$36

### TASTE OF SEA KAYAKING

**Sec 01:** Su, 6/26, 9:30am-11:30am  
**Sec 02:** Sa, 7/16, 9:30am-11:30am  
**Sec 03:** Su, 8/14, 9:30am-11:30am  
**Sec 04:** Sa, 9/10, 9:30am-11:30am  
 MAC, Marina Del Rey \$26/\$36

### SEA KAYAKING I

**Sec 01:** Sa, 6/18-6/25, 9:00am-1:00pm  
**Sec 02:** Su, 7/10-7/17, 9:00am-1:00pm  
**Sec 03:** Sa, 7/30-8/6, 9:00am-1:00pm  
**Sec 04:** Sa, 8/20-8/27, 9:00am-1:00pm  
**Sec 05:** Su, 9/11-9/18, 9:00am-1:00pm  
 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

### BEACH LANDING & SURF ZONE WORKSHOP

**Sec 01:** Su, 7/31, 11:00am-3:00pm  
 MAC, Marina Del Rey \$64/\$88  
 Prerequisite: Sea Kayaking III **SEA**

## KAYAKING IV

**Sec 01:** Sa, 8/20-8/27, 1:00pm-5:00pm  
 MAC, Marina Del Rey \$128/\$176  
 Prerequisite: Sea Kayaking II

## ROLL WORKSHOP

**Sec 01:** Th, 6/23, 8:15pm-9:45pm  
**Sec 02:** Th, 7/21, 8:15pm-9:45pm  
**Sec 03:** Th, 8/25, 8:15pm-9:45pm  
**Sec 04:** Th, 9/15, 8:15pm-9:45pm  
 MAC, Marina Del Rey \$20/\$27  
 Prerequisite: Sea Kayaking II

## MARTIAL ARTS

[uclacubsports.com/martialarts](http://uclacubsports.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.  
 Schedule available at:  
[www.uclacubsports.com/openmat](http://www.uclacubsports.com/openmat)

### AIKIDO WORKSHOP (Level ALL)

**Sec 01:** Sa, 7/30-7/31, 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 \$35

### 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  
 Racquetball Court 7, 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, 6/22-8/10, 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  
**Sec 02:** Sa, 8/13, 10:00am-12:30pm  
 Blue Room, JWC \$15/\$25

### SHINKENDO WORKSHOP (Level ALL)

**Sec 01:** Sa, 8/27, 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

### ROCK WALL ORIENTATION (Level BEG)

**Sec 01:** Th, 6/23, 8:00pm-10:00pm  
**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-8:30am  
**Sec 03:** Su, 7/10-8/7, 7:00am-9:25am  
**Sec 04:** WF, 7/13-7/29, 6:30am-8:30am  
**Sec 05:** TuTh, 8/2-8/18, 6:30am-8:30am  
**Sec 06:** SaSu, 8/20-8/28, 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

Prerequisite: 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

Prerequisite: Sculling I  
 If interested in this 1 1/2 hour class contact The MAC at 310-823-0048 or [mac@recreation.ucla.edu](mailto: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, 8/7, 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

**Sec 07:** SaSu, 8/6-8/7, 9:30am-5:30pm  
**Sec 08:** SaSu, 8/13-8/14, 9:30am-5:30pm  
**Sec 09:** SaSu, 8/20-8/21, 9:30am-5:30pm  
**Sec 10:** SaSu, 8/27-8/28, 9:30am-5:30pm  
**Sec 11:** SaSu, 9/3-9/4, 9:30am-5:30pm  
**Sec 12:** SaSu, 9/10-9/11, 9:30am-5:30pm  
MAC, Marina Del Rey \$160/\$224

#### SAILING II-LASER

**Sec 01:** SaSu, 6/25-6/26, 9:30am-5:30pm  
**Sec 02:** SaSu, 7/23-7/24, 9:30am-5:30pm  
**Sec 03:** SaSu, 8/27-8/28, 9:30am-5:30pm  
**Sec 04:** SaSu, 9/10-9/11, 9:30am-5:30pm  
MAC, Marina Del Rey \$160/\$224

#### SAILING II-RS VISION

**Sec 01:** SaSu, 6/18-6/19, 9:30am-5:30pm  
**Sec 02:** SaSu, 7/16-7/17, 9:30am-5:30pm  
**Sec 03:** SaSu, 8/20-8/21, 9:30am-5:30pm  
**Sec 04:** SaSu, 9/17-9/18, 9:30am-5:30pm  
MAC, Marina Del Rey \$160/\$224

#### SAILING III-LASER

**Sec 01:** SaSu, 7/9-7/10, 11:30am-5:30pm  
**Sec 02:** SaSu, 8/6-8/7, 11:30am-5:30pm  
MAC, Marina Del Rey \$168/\$240

#### SAILING III-RS VISION

**Sec 01:** SaSu, 7/9-7/10, 11:30am-5:30pm  
MAC, Marina Del Rey \$168/\$240

#### RS VISION-GENNAKER CLINIC

**Sec 01:** SaSu, 7/30-7/31, 9:00am-3:00pm  
MAC, Marina Del Rey \$168/\$240  
Prerequisite:Sailing III-RS Vision

#### SAILING IV-LASER

**Sec 01:** SaSu, 8/13-8/14, 11:00am-5:00pm  
**Sec 02:** SaSu, 9/17-9/18, 11:00am-5:00pm  
MAC, Marina Del Rey \$168/\$240

#### SAILING IV-RS VISION

**Sec 01:** SaSu, 8/13-8/14, 11:00am-5:00pm  
MAC, Marina Del Rey \$168/\$240  
Prerequisite:Sailing III-RS Vision

#### SAILING-FRIDAY RACES

Prerequisite:Sailing I  
**Sec 01:** F, 7/1, 5:30pm-8:30pm  
**Sec 02:** F, 7/15, 5:30pm-8:30pm  
**Sec 03:** F, 7/29, 5:30pm-8:30pm  
**Sec 04:** F, 8/12, 5:30pm-8:30pm  
**Sec 05:** F, 8/26, 5:30pm-8:30pm  
**Sec 06:** F, 9/9, 5:30pm-8:30pm  
MAC, Marina Del Rey \$5

## 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](mailto: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

## SURFING

#### SURFING I

**Sec 01:** F, 6/17-6/24, 7:30am-9:30am  
**Sec 02:** SaSu, 6/18-6/19, 7:30am-9:30am  
**Sec 03:** SaSu, 6/25-6/26, 7:30am-9:30am  
**Sec 04:** SaSu, 7/9-7/10, 7:30am-9:30am  
**Sec 05:** Tu, 7/12-7/19, 7:30am-9:30am  
**Sec 06:** Th, 7/14-7/21, 7:30am-9:30am  
**Sec 07:** SaSu, 7/23-7/24, 7:30am-9:30am  
**Sec 08:** SaSu, 7/30-7/31, 7:30am-9:30am  
**Sec 9:** W, 8/3-8/10, 7:30am-9:30am  
**Sec 10:** F, 8/5-8/12, 7:30am-9:30am  
**Sec 11:** SaSu, 8/6-8/7, 7:30am-9:30am  
**Sec 12:** SaSu, 8/20-8/21, 7:30am-9:30am  
**Sec 13:** Tu, 8/23-8/30, 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:** Sa 6/25 - 10:00am 11:30am  
**Sec 02:** Su 7/10 - 10:00am 11:30am  
**Sec 03:** Sa 7/23 - 10:00am 11:30am  
**Sec 04:** Su 8/7 - 10:00am 11:30am  
**Sec 05:** Sa 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  
(Priority Is Given To Preregistered Participants)

#### WINDSURFING CLINIC

**Sec 01:** F, 8/12, 4:00pm-6:30pm  
MAC, Marina Del Rey \$65/\$90

#### 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, 8/19-8/26, 3:30pm-6:30pm  
**Sec 06:** SaSu, 8/27-8/28, 9:00am-12:00pm  
**Sec 07:** F, 9/16-9/23, 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

## TENNIS

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

#### TENNIS LESSONS (Level BEG)

**Sec 01A:** M, 6/20-7/25, 5:00pm-6:00pm  
**Sec 02A:** Tu, 6/21-7/19, 7:00pm-8:00pm  
**Sec 03A:** W, 6/22-7/20, 7:00pm-8:00pm  
**Sec 04A:** Th, 6/23-7/21, 5:00pm-6:00pm  
**Sec 15C:** M, 8/1-8/29, 5:00pm-6:00pm  
**Sec 16C:** Tu, 8/2-8/30, 7:00pm-8:00pm  
**Sec 17C:** W, 8/3-8/31, 7:00pm-8:00pm  
**Sec 18C:** Th, 8/4-9/1, 5:00pm-6:00pm  
Tennis Court 1, SCRC \$35

#### TENNIS LESSONS (Level INT)

**Sec 08A:** M, 6/20-7/25, 5:00pm-6:00pm  
**Sec 09A:** Tu, 6/21-7/19, 5:00pm-6:00pm  
**Sec 10A:** W, 6/22-7/20, 6:00pm-7:00pm  
**Sec 11A:** Th, 6/23-7/21, 6:00pm-7:00pm  
**Sec 22C:** M, 8/1-8/29, 5:00pm-6:00pm  
**Sec 23C:** Tu, 8/2-8/30, 5:00pm-6:00pm  
**Sec 24C:** W, 8/3-8/31, 6:00pm-7:00pm  
**Sec 25C:** Th, 8/4-9/1, 6:00pm-7:00pm  
Tennis Court 1, SCRC \$35

#### TENNIS LESSONS (Level ADV BEG)

**Sec 05A:** M, 6/20-7/25, 6:00pm-7:00pm  
**Sec 06A:** Tu, 6/21-7/19, 6:00pm-7:00pm  
**Sec 07A:** W, 6/22-7/20, 5:00pm-6:00pm  
**Sec 19C:** M, 8/1-8/29, 6:00pm-7:00pm  
**Sec 20C:** Tu, 8/2-8/30, 6:00pm-7:00pm  
**Sec 21C:** W, 8/3-8/31, 5:00pm-6:00pm  
Tennis Court 1, SCRC \$35

#### TENNIS LESSONS (Level ADV)

**Sec 12 A:** M, 6/20-7/25, 7:00pm-8:00pm  
Tennis Court 1, SCRC \$35  
**Sec 13A:** Tu, 6/21-7/19, 5:00pm-6:00pm  
Tennis Court 2, SCRC \$35  
**Sec 14A:** Th, 6/23-7/21, 7:00pm-8:00pm  
Tennis Court 1, SCRC \$35  
**Sec 26C:** M, 8/1-8/29, 7:00pm-8:00pm  
Tennis Court 1, SCRC \$35  
**Sec 27C:** Tu, 8/2-8/30, 5:00pm-6:00pm  
Tennis Court 2, SCRC \$35  
**Sec 28C:** Th, 8/4-9/22, 7:00pm-8:00pm  
Tennis Court 1, SCRC \$35

#### TENNIS WORKOUT (Level INT)

**Sec 01A:** M, 6/20-7/25, 6:00pm-8:00pm  
Tennis Courts 2 & 3, SCRC \$45

#### TENNIS WORKOUT (Level ADV)

**Sec 02A:** Tu, 6/21-7/19, 6:00pm-8:00pm  
Tennis Courts 2 & 3, SCRC \$45

#### TENNIS WORKOUT (Level INT)

**Sec 03C:** M, 8/1-8/29, 6:00pm-8:00pm  
Tennis Courts 2 & 3, SCRC \$45

#### TENNIS WORKOUT (Level ADV)

**Sec 04C:** Tu, 8/2-8/30, 6:00pm-8:00pm  
Tennis Courts 2 & 3, SCRC \$45

## YOGA

Please bring your own yoga mat.  
[www.recreation.ucla.edu/yoga](http://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, 6/28-7/28, 5:45pm-6:45pm  
Buenos Ayres Rm, SCRC \$40  
**Sec 03A:** TuTh, 6/28-7/28, 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, 6/28-7/28, 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, 6/28-7/28, 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, 8/7-9/11, 10:30am-12:00pm  
Dynasty Room, JWC \$30

#### YOGA (Level 2/3)

**Sec 10C:** TuTh, 8/2-9/1, 4:30pm-5:55pm  
**Sec 11C:** F, 8/5-9/2, 5:30pm-7:00pm  
Dynasty Room, JWC \$30

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

**Sec 01A:** TuTh, 6/28-7/28, 7:00am-8:00am  
**Sec 01C:** TuTh, 8/9-9/8, 7:00am-8:00am  
**Sec 02A:** TuTh, 6/28-7/28, 5:10pm-6:25pm  
**Sec 02C:** TuTh, 8/9-9/8, 5:10pm-6:25pm  
Studio, KREC \$40

## •• 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.



**1:1 FITNESS TRAINING**

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



**PRIVATE INSTRUCTION**

[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
- Stand up 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



## GRADUATING SENIORS & STUDENTS\*

*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.