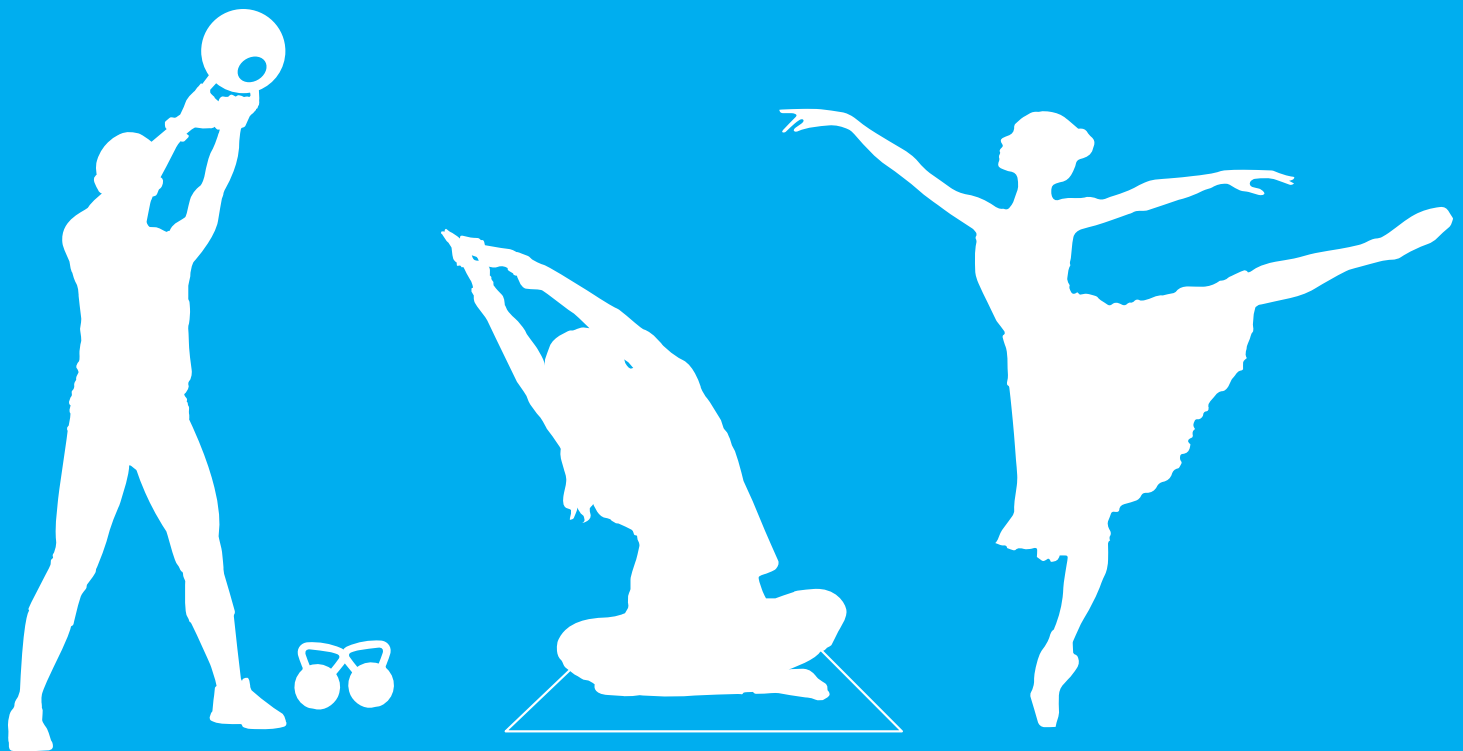




SPRING 2018

CAMPUS RECREATION

GROUP SESSION AND INSTRUCTIONAL PROGRAMS



SPRING 2018 PROGRAMS

SRF



Student Recreation Facility
737 S. Halsted St.

| Class Name | CSI Class Code | Day of Week | Time | SRF/SFC/OFC | Room | Program Dates | Cost for Students | Cost for Members | Cost for Non-Members | Try it Free | Instructor | Register by |
|-------------------------------|----------------|-------------|---------------|-------------|------|------------------------------------|-------------------|------------------|----------------------|-------------|------------|-------------|
| Pilates Reformer | PR47 | Monday | 12:30-1:30 pm | SRF | MBS | 2/5-4/30 no class 3/26 | \$72.00 | \$96.00 | \$144.00 | 29-Jan | Margaret | 2-Feb |
| Aqua Bootcamp | AB2 | Monday | 6:00-6:45 pm | SRF | Pool | 2/5-4/30 no class on 3/19 and 3/26 | \$66.00 | \$88.00 | \$132.00 | 29-Jan | Brianna | 2-Feb |
| Ballet | BALT27 | Monday | 6:00-6:55 pm | SRF | MBS | 2/5-4/30 no class 3/26 | \$72.00 | \$96.00 | \$144.00 | 29-Jan | Nadia | 2-Feb |
| Pilates Barre Strength | BARR4 | Monday | 7:00-8:00 pm | SRF | MPR | 2/5-4/30 no class on 3/19 and 3/26 | \$66.00 | \$88.00 | \$132.00 | 29-Jan | Brianna | 2-Feb |
| Intermediate Ballet | BALT28 | Monday | 7:00-8:15 pm | SRF | MBS | 2/5-4/30 no class 3/26 | \$82.50 | \$120.00 | \$180.00 | 29-Jan | Nadia | 2-Feb |
| Pilates Reformer/ Mat Combo | RMC8 | Tuesday | 4:15-5:10 pm | SRF | MBS | 2/6-5/1 no class on 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Amy | 2-Feb |
| Intermediate Pilates Reformer | PR38 | Tuesday | 5:15-6:10 pm | SRF | MBS | 2/6-5/1 no class on 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Amy | 2-Feb |
| Pilates Reformer | PR44 | Tuesday | 6:15-7:10 pm | SRF | MBS | 2/6-5/1 no class on 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Amy | 2-Feb |
| Pilates Reformer | PR48 | Wednesday | 12:30-1:30 pm | SRF | MBS | 2/6-5/1 no class 3/27 | \$72.00 | \$96.00 | \$144.00 | 31-Jan | Margaret | 2-Feb |
| Ashtanga Yoga | AYGA20 | Wednesday | 4:00-5:00 pm | SRF | MPR | 2/7-5/2 no class on 3/27, 4/18 | \$66.00 | \$88.00 | \$132.00 | 31-Jan | Ariel | 2-Feb |
| Aqua Pilates | AP8 | Wednesday | 4:15-5:00 pm | SRF | Pool | 2/14-5/2 no class 3/28 | \$66.00 | \$88.00 | \$132.00 | 7-Feb | Kelly | 12-Feb |
| Pilates Reformer/ Mat Combo | RMC9 | Wednesday | 5:15-6:10 pm | SRF | MBS | 2/14-5/2 no class 3/28 | \$66.00 | \$88.00 | \$132.00 | 7-Feb | Kelly | 12-Feb |

SRF KEY

MPR - Multipurpose Room
MBS - Mind Body Suite
POOL - Pool



SPRING 2018 PROGRAMS

SRF

Student Recreation Facility
737 S. Halsted St.

| Class Name | CSI Class Code | Day of Week | Time | SRF/SFC/OFC | Room | Program Dates | Cost for Students | Cost for Members | Cost for Non-Members | Try it Free | Instructor | Register by |
|-------------------------------|----------------|-------------|--------------|-------------|------|---------------------------|-------------------|------------------|----------------------|-------------|------------|-------------|
| Beginner Salsa | SLS10 | Wednesday | 6:00-6:55 pm | SRF | MPR | 2/7-5/2 no class on 3/28 | \$72.00 | \$96.00 | \$144.00 | 31-Jan | Dennis | 2-Feb |
| Pilates Reformer | PR46 | Wednesday | 6:15-7:10 pm | SRF | MBS | 2/14-5/2 no class 3/28 | \$66.00 | \$88.00 | \$132.00 | 7-Feb | Kelly | 12-Feb |
| Beginner Bachata | BAC4 | Wednesday | 7:00-7:55 pm | SRF | MPR | 2/7-5/2 no class on 3/28 | \$72.00 | \$96.00 | \$144.00 | 31-Jan | Dennis | 2-Feb |
| Gentle Vinyasa Flow | VINY16 | Wednesday | 7:30-8:30 pm | SRF | MBS | 2/14-5/2 no class 3/28 | \$66.00 | \$88.00 | \$132.00 | 7-Feb | Kelly | 12-Feb |
| Intermediate Salsa | SLS11 | Wednesday | 8:00-8:55 pm | SRF | MPR | 2/7-5/2 no class on 3/28 | \$72.00 | \$96.00 | \$144.00 | 31-Jan | Dennis | 2-Feb |
| Intermediate Bachata | BAC5 | Wednesday | 9:00-9:55 pm | SRF | MPR | 2/7-5/2 no class on 3/28 | \$72.00 | \$96.00 | \$144.00 | 31-Jan | Dennis | 2-Feb |
| Intermediate Pilates Reformer | PR40 | Thursday | 5:15-6:10 pm | SRF | MBS | 2/15-5/3 no class on 3/29 | \$66.00 | \$88.00 | \$132.00 | 8-Feb | Anne | 9-Feb |
| Core Fusion Flow | CFF1 | Thursday | 6:00-6:55 pm | SRF | MPR | 2/8-5/3 no class 3/29 | \$72.00 | \$96.00 | \$144.00 | 1-Feb | Kristen | 2-Feb |
| Pilates Reformer | PR45 | Thursday | 6:15-7:10 pm | SRF | MBS | 2/15-5/3 no class on 3/29 | \$66.00 | \$88.00 | \$132.00 | 8-Feb | Anne | 9-Feb |
| Yoga Flow | YF1 | Thursday | 7:00-7:55 pm | SRF | MPR | 2/8-5/3 no class 3/29 | \$72.00 | \$96.00 | \$144.00 | 1-Feb | Kristen | 2-Feb |

SRF KEY

MPR - Multipurpose Room
MBS - Mind Body Suite
POOL - Pool



SPRING 2018 PROGRAMS

SFC

Sport & Fitness Center
828 S. Wolcott Ave.

| Class Name | CSI Class Code | Day of Week | Time | SRF/ SFC/ OFC | Room | Program Dates | Cost for Students | Cost for Members | Cost for Non-Members | Try it Free | Instructor | Register by |
|---------------------------------|----------------|-------------|--------------|---------------|-------|---------------------------|-------------------|------------------|----------------------|-------------|------------|-------------|
| Belly Boot Camp | BDB2 | Tuesday | 5:30-6:25 pm | SFC | FR1 | 2/6-5/2 no class on 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Jasmin | 2-Feb |
| Power Vinyasa | VINY10 | Tuesday | 6:15-7:10 pm | SFC | FR1 | 2/6-5/1 no class 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Kristen | 2-Feb |
| Art of Belly Dance | BD11 | Tuesday | 6:30-7:25 pm | SFC | FR1 | 2/6-5/2 no class on 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Jasmin | 2-Feb |
| Yoga Flow | YF1 | Tuesday | 7:15-8:10 pm | SFC | FR1 | 2/6-5/1 no class 3/27 | \$72.00 | \$96.00 | \$144.00 | 30-Jan | Kristen | 2-Feb |
| Women's Self Defense | WSD21 | Thursday | 5:30-6:30 pm | SFC | FR2/3 | 2/8-5/3 no class on 3/29 | \$72.00 | \$96.00 | \$144.00 | 1-Feb | John | 6-Feb |
| Beginner/ Intermediate Ju-Jitsu | JTSU13 | Thursday | 6:30-8:00 pm | SFC | FR2/3 | 2/8-5/3, no class on 3/29 | \$108.00 | \$144.00 | \$216.00 | 1-Feb | John | 6-Feb |
| Intermediate/ Advanced Ju-Jitsu | IJUT17 | Thursday | 8:00-9:30 pm | SFC | FR2/3 | 2/8-5/3, no class on 3/29 | \$108.00 | \$144.00 | \$216.00 | n/a | John | 6-Feb |

SFC KEY

FR1 - Fitness Room 1
FR2/3 - Fitness Room 2/3

SPRING 2018 PROGRAMS

SRF WORKSHOP

Student Recreation Facility
737 S. Halsted St.

| Class Name | CSI Class Code | Day of Week | Time | SRF/ SFC/ OFC | Room | Program Dates | Cost for Students | Cost for Members | Cost for Non-Members | Try it Free | Instructor | Register by |
|-----------------------------------|----------------|-------------|-------------------|---------------|------|---------------|-------------------|------------------|----------------------|-------------|------------|-------------|
| Group Fitness Instructor Workshop | FIT8 | Saturday | 9:30 am - 5:30 pm | SRF | MPR | 17-Feb | FREE | \$25.00 | \$50.00 | n/a | Kara | 12-Feb |

SRF KEY

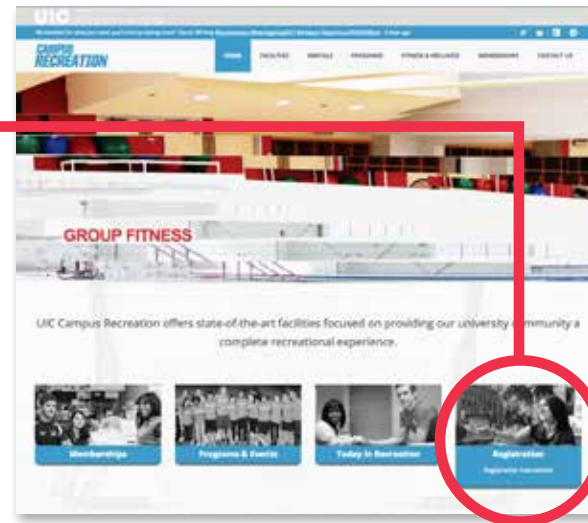
MPR - Multipurpose Room

CLASS DESCRIPTIONS

| CLASS | DESCRIPTIONS |
|--|---|
| Belly Boot Camp | Fitness can be feminine and fun when you belly dance your way into an enticing hour glass shape! No prior belly dance experience is required. Dance technique will be incorporated into a class that trains your core, whittles your waist line, and enhances your 'assets' to sculpt a well-rounded, feminine derriere. Firm, tone, and lift while burning unwanted fat and raising your metabolism so that you keep burning calories well into the next day. All exercises are presented using your own body weight. Wear gym shoes. Dare your belly and booty to be the best they can be. Take a chance, belly dance! |
| Aqua Bootcamp | This high intensity workout utilizes the benefits of exercising in water and still delivers great results. With little to no impact on your joints and the resistance of the water provides a total body workout perfect for everybody! |
| Aqua Pilates | Aqua Pilates: Aqua Pilates will include the principles of Pilates, breathing, centering, concentration, control, and flow. This class is designed to help you develop core strength and flexibility with the low impact benefits of water. The class utilizes shallow rebound work, stretches, and strength work to create a challenging workout program based in the Pilates Method. Excellent for participants with joint and back issues, and those who want to improve posture and core strength. |
| Art of Belly Dance | Art of Belly Dance: World renowned performer Jasmin Jahal introduces you to Pure Raks, a fun, yet disciplined program that trains you step by step in the feminine and elegant movements of classical belly dance. Pure Raks is for those women who want to be fit, sexy and classy. You can start at any age, with no prior dance experience. Enhance your self-esteem while creating an hour-glass shape! Learn exciting movements for your hips, torso and arms. Build fabulous abs and tone your core. It's time to put the "you" into unique! Class attire: flexible workout clothing, bare feet, socks or ballet slippers, scarf to tie around your hips. |
| Ashtanga Yoga | Ashtanga Yoga: In this class, we will practice the postures of the first half of the Ashtanga Yoga Primary Series with an emphasis on breathing and proper alignment. It is a vigorous practice in which you will stoke your internal fire, build strength and flexibility, and calm your mind. |
| Ballet | Ballet: Learn the techniques of ballet while improving your core, posture and grace of movement. This class focuses on strength, alignment, and performance. The class will start with 20 minutes at the barre, then to the center of the room for floor work. Jazz or ballet shoes are recommended. No sneakers please. |
| Beginner Bachata | Bachata is fast, fun and easy to learn! Get a taste of this Latin style dance. |
| Beginner Salsa | It's time to dance! In this class you will learn rhythm, timing, and techniques to lead and follow. |
| Beginner/ Intermediate Ju-Jitsu | Beginner/Intermediate Ju-Jitsu: This self-defense class uses real combat techniques for handling real life violent physical assault. CAI Ju-Jitsu is based upon Miyama Ryu Ju-Jitsu and ParaCombatives Ju-Jitsu. No prior experience necessary. |
| Core Fusion Flow | Tighten and strengthen your core and back. This class focuses on strengthening not only the abdominal muscles, but also the muscles deep in the body that support the spine which allows for powerful alignment awareness. Fuses yoga, Pilates, and traditional ab work. |
| Gentle Vinyasa Flow | Gentle Vinyasa Flow : Relax, breath deep, and move mindfully in this class that focuses on breath, movement, and stretching to relieve stress, calm the mind, and create awareness of the body while increasing strength, range of motion, and overall mobility. |
| Group Fitness Instructor Workshop | Have you always wanted to learn how to teach group fitness? Join us for this one day workshop on the basics of group fitness instruction |
| Intermediate Bachata | The intermediate bachata lessons will build on the beginner skills with more advanced choreography, leads and techniques. |
| Intermediate Ballet | Intermediate Ballet: This ballet class is for participants who have taken ballet lessons for at least one year as an adult. Ballet shoes are recommended. No sneakers please. |
| Intermediate Pilates Reformer | Intermediate Pilates Reformer sessions help you develop core strength by working from the inside out. Pilates helps build strength, flexibility, endurance and improves posture without adding bulk or stress to your joints. This session is designed for students familiar with the Pilates Reformer exercises and terminology. Space is limited, be sure to register early! |
| Intermediate Salsa | This class will build on the basics you learned in Beginner Salsa. More advanced variations and techniques will be taught. |
| Intermediate/ Advanced Ju-Jitsu | Intermediate/Advanced Ju-Jitsu: Ongoing training for those who have completed Beginner Ju-Jitsu. This course will cover material half-way to black belt. |
| Pilates Barre Strength | Pilates Barre Strength: This class will transform the way your body looks, feels and performs. Experience the benefit of building strength without adding excess bulk, and create a sleek, toned body. This combination of ballet barre and Pilates is a full body workout that you'll love to hate. |
| Pilates Reformer | Pilates Reformer sessions help you develop core strength by working from the inside out. Pilates helps build strength, flexibility, endurance and improves posture without adding bulk or stress to your joints. Space is limited, be sure to register early! |
| Pilates Reformer/Mat Combo | Experience all the best of Pilates! This class will use BOTH Mat and Reformer techniques to develop participants muscular strength, endurance, and flexibility. Open to all levels. |
| Power Vinyasa | A dynamic, challenging, and energetic flow for the body and mind. This class is strong poses, breath linked with movement, and a total body workout. Expect to move, sweat and leave feeling refreshed and invigorated. |
| Women's Self Defense | Women's Self Defense: During the women's self defense class, learn state of the art techniques for escaping and evading the attacks most frequently perpetrated against women. This course is for women ONLY. No prior experience needed. |
| Yoga Flow | Relax, breath deep, and move mindfully in this class that focuses on breath, movement, and stretching to relieve stress, calm the mind, and create awareness of the body while increasing strength, range of motion, and overall mobility. |

STEP 1:

- Visit www.recreation.uic.edu.
- Click the **REGISTRATIONS** widget, located in the bottom right corner.



STEP 2:

Create an account by providing your personal information.

UIC Students and Members
Select the **FORGOT PASSWORD / CREATE LOGINS? CLICK HERE** link.

Enter the email address you have on file with Membership Services. You maybe asked for your UIC, which can be found on your I-card.

An email will be sent to you with a user name and password. After logging in, you will be prompted to change them.

Non-members Click on the **BECOME A GUEST** button on the right side of the screen.

Fill out the personal information form. Be sure to include your email address for contact, and birth date to be able to register for classes.

Add your children to the account with the **ADD SUB-MEMBERS** button.

You will be prompted to create a user name and password. After receiving email confirmation, you will be able to log in with these credentials.

STEP 3:

Register for programs and classes.

Login, then click the **HOME** button in the top right.

Use the **PROGRAM REGISTRATION** button to navigate to the listings.

Select the facility that your class will be taking place at using the dropdown box in the upper left hand corner.

Click the name of picture or the **SELECT** button of the desired class.

Once a course is selected, click the **VIEW PROGRAMS** button to see class times and costs.

Select **ADD TO CART**, accept the waiver, and click continue. You will be brought to a screen allowing you to make the payment and complete your registration.

While entering your payment info, be sure to verify your email, as this is where your receipt will be sent.

After submission, you will be presented with a receipt screen.

Thanks! See you in class!

