



SPRING 2020

CAMPUS RECREATION

GROUP SESSION AND INSTRUCTIONAL PROGRAMS



SPRING 2020 PROGRAMS



Student Recreation Facility
737 S. Halsted St.

Class Name	CSI Class Code	Day of Week	Time	Room	Program Dates	Cost for Students	Cost for Members	Cost for Non-Members	Try it Free	Instructor	Register by
Pilates Reformer	PR71	Monday	4:30-5:30pm	MBS	2/3-4/6 no class on 3/23	\$72.00	\$90.00	\$144.00	27-Jan	Tiziana	31-Jan
Aqua Pilates	AP7	Monday	5:45-6:30pm	Pool	2/3-4/6 no class on 3/23	\$72.00	\$90.00	\$144.00	27-Jan	Tiziana	31-Jan
Ballet	BALT35	Monday	5:45-7:00pm	MBS	2/3-4/27 No class on 3/23	\$120.00	\$150.00	\$240.00	27-Jan	Kara	31-Jan
Barre-Yoga Fusion	BYF1	Monday	7:00-8:00pm	MBS	2/3-4/27 No class on 3/23	\$96.00	\$120.00	\$192.00	27-Jan	Kara	31-Jan
Pilates Reformer	PR72	Tuesday	4:15-5:10pm	MBS	2/4-4/28 No Class on 3/24	\$96.00	\$120.00	\$192.00	28-Jan	Kelly	31-Jan
Pilates Reformer	PR73	Tuesday	5:15-6:10pm	MBS	2/4-4/28 No Class on 3/24	\$96.00	\$120.00	\$192.00	28-Jan	Kelly	31-Jan
Pilates Reformer	PR74	Tuesday	6:15-7:10pm	MBS	2/4-4/28 No Class on 3/24	\$96.00	\$120.00	\$192.00	28-Jan	Kelly	31-Jan
Mambo Cha/Cha	LTIN2	Wednesday	6:00-6:55pm	MPR	2/5-4/29 No Class on 3/25	\$96.00	\$120.00	\$192.00	29-Jan	Dennis	31-Jan
Salsa/Bachata	SB5	Wednesday	7:00-7:55pm	MPR	2/5-4/29 No Class on 3/25	\$96.00	\$120.00	\$192.00	29-Jan	Dennis	31-Jan
Int. Salsa/Bachata	SB6	Wednesday	8:00-8:55pm	MPR	2/5-4/29 No Class on 3/25	\$96.00	\$120.00	\$192.00	29-Jan	Dennis	31-Jan
Ashtanga Yoga	AYGA26	Thursday	4:00-5:00pm	MPR	2/6-4/30 No Class on 3/26 and 4/9	\$88.00	\$110.00	\$176.00	30-Jan	Ariel	4-Feb
Pilates Reformer	PR75	Thursday	5:15-6:10pm	MBS	2/6-4/30 No Class on 3/26	\$96.00	\$120.00	\$192.00	30-Jan	Kelly, Jeanne, Anne	4-Feb
Pilates Reformer	PR76	Thursday	6:15-7:10pm	MBS	2/6-4/30 No Class on 3/26	\$96.00	\$120.00	\$192.00	30-Jan	Kelly, Jeanne, Anne	4-Feb
Tango	TANG32	Thursday	7:00-8:30pm	MPR	2/6-4/30 No Class on 3/26	\$144.00	\$180.00	\$288.00	30-Jan	Al	4-Feb
Tango	TANG33	Thursday	8:30-10:00pm	MPR	2/6-4/30 No Class on 3/26	\$144.00	\$180.00	\$288.00	30-Jan	Al	4-Feb

SRF KEY

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



2 REGISTER ONLINE BY
JANUARY 31, 2020

SPRING 2020 PROGRAMS



Sport & Fitness Center
828 S. Wolcott Ave.

Class Name	CSI Class Code	Day of Week	Time	Room	Program Dates	Cost for Students	Cost for Members	Cost for Non-Members	Try it Free	Instructor	Register by
Art of Belly Dance Level 1	BD18	Tuesday	5:30-6:25pm	FR1	2/4-4/28 No class on 3/24	\$96	\$120	\$192	28-Jan	Jasmin	31-Jan
Art of Belly Dance Level 2	BD19	Tuesday	6:30-7:25pm	FR1	2/4-4/28 No class on 3/24	\$96	\$120	\$192	28-Jan	Jasmin	31-Jan
Art of Belly Dance Level 3	3ABD1	Wednesday	6:30-7:25pm	FR1	1/29-5/6 No class on 3/25 and 4/22	\$96	\$120	\$192	n/a	Jasmin	24-Jan
Art of Belly Dance Level 4	4ABD1	Wednesday	7:30-8:25pm	FR1	1/29-5/6 No class on 3/25 and 4/22	\$96	\$120	\$192	n/a	Jasmin	24-Jan
Women's Self Defense	WSD25	Thursday	5:30-6:30pm	FR2	2/6-4/30 No Class on 3/26	\$96	\$120	\$192	30-Jan	John	4-Feb
Beginner Ju-Jutsu	JTSU16	Thursday	6:30-8:00pm	FR2	2/6-4/30 No Class on 3/26	\$144	\$180	\$288	30-Jan	John	4-Feb
Int/Adv Ju-Jutsu	IJUT20	Thursday	8:00-9:30pm	FR2	2/6-4/30 No Class on 3/26	\$144	\$180	\$288	n/a	John	4-Feb

SFC KEY

FR1 - Fitness Room 1
FR2 - Fitness Room 2



SPRING 2020 WORKSHOPS



Student Recreation Facility
737 S. Halsted St.

Workshop Title	Day of Week	Date	Time	Room	Registration Information
Personal Trainer Workshop	Tuesday/Thursday	1/28-3/5	4:00-6:00pm	226	rec.uic.edu
Group Fitness Instructor-NETA Certification	Saturday	2/22	8:00am-5:00pm	MPR	netafit.org/workshops/
Indoor Cycling Workshop-NETA Certification	Sunday	2/23	8:00am-3:00pm	Spin Studio	netafit.org/workshops/
BollyX Instructor Certification	Saturday	3/7	10:00am-3:00pm	MPR	bollyx.com
Yoga Fit Level 1 Certification	Sat & Sun	4/18-4/19	8:00am-6:00pm	MPR	yogafit.com
WERQ Instructor Certification	Saturday	4/25	9:00am-5:00pm	MPR	werqfitness.com

SRF KEY

MPR - Multipurpose Room

REGISTER ONLINE BY
JANUARY 31, 2020

CLASS DESCRIPTIONS



CLASS	DESCRIPTIONS
Aqua Pilates	Aqua Pilates includes 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 Level 1	For those who want to be fit, sexy and classy! Introduction to the art of belly dance, including basic steps, combinations, short routines, as well as how to use a veil. Learn exciting movements for your hips, torso and arms. Build fabulous abs and tone your core. Class attire: flexible workout clothing, bare feet, socks or ballet slippers, scarf to tie around your hips.
Art of Belly Dance Level 2	Expand your level 1 dance vocabulary, learn Arabic rhythms and how to play finger cymbals, gain grace with your veil. Themes alternate and may include a drum solo or Saidi Stick dance. For those who want to further their studies and mastery of the beautiful art of belly dance. Level 2 assumes you have acquired Level 1 skills and knowledge. Please bring your workout clothes and hip scarf.
Art of Belly Dance Level 3	Apply your skills by learning advanced choreography. Each semester the theme varies, including classical oriental dance, Ancient Egyptian, and folkloric dance from various countries of the Middle East. Advanced rhythms, musical interpretation, and some improvisational techniques. Dances may incorporate accessories such as veil, cymbals, sticks, fans and wings. A great way to challenge and evolve your dance abilities! Level 3 assumes you have acquired the vocabulary and skill set presented in level 2.
Art of Belly Dance Level 4	Find your inner diva and let her perform! If you would love to share your talents and passion for belly dance at fun, family-oriented venues, consider joining the Jasmin Jahal Dance Company. This group of women perform in educational and multi-cultural programs throughout Chicagoland. Level 4 is open to all dancers who also take level 3, because the Company presents dances that we learn in level 3.
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	"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 30 minutes at the barre, then to the center of the room for floor work. Jazz or ballet shoes are recommended. No sneakers please."
Barre-Yoga Fusion	In this class, you'll flow through a Vinyasa sequence designed to burn calories and help you decompress, while toning your muscles with ballet barre-inspired movements designed to lengthen and strengthen the body. You'll get the best of both worlds in one workout - toning your arms, thighs and booty and finish feeling deeply nourished and relaxed.
Beginner Ju-Jitsu	This self-defense class uses 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.
Intermediate/Advanced Ju-Jitsu	Ongoing training for those who have completed Beginner Ju-Jitsu. This course will cover material half-way to black belt.
Intermediate Salsa & Bachata	Advance your social dancing skills with this combination intermediate salsa/bachata class!
Mambo & Cha Cha	Join us for a fast, spicy combination of rhythms that you'll feel throughout your body. Mambo and Cha-cha both utilize Cuban rhythms in their fast-paced dance techniques in order to promote a good workout. You will learn quick hip and foot patterns to allow you to stay on beat.
Personal Trainer Workshop	The UIC In-House personal training course covers the following topics: Anatomy, biomechanics, physiology, exercises for all major muscle groups and some modified versions to accommodate certain conditions. Learn effective strategies on how to train clients and exercise protocols for people with conditions such as asthma, arthritis, lower back problems, etc.
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. All levels welcome.
Salsa & Bachata	The spiciest dances of them all! These two dances are absolutely essential to learn in order to truly fool people into thinking you are able to dance. These are exciting dances that are fast paced and promote quick hip motions. These dances require sharp movements and are often done in close quarters during night life festivities.
Tango	Is poor coordination & rhythm stopping you from dancing? Learning to dance does not have to be a chore with this fun and easy approach to dance. Remember, if you can walk & count to 8, then you can Tango! This course will cover the basics of the Argentine Tango.
Women's Self Defense	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.

COMING SOON
TO THE
STUDENT RECREATION CENTER!

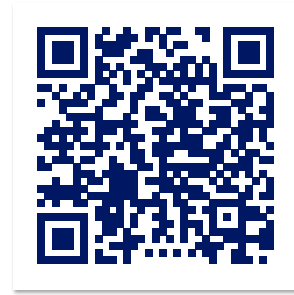
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REGISTRATION INFORMATION

STEP 1:

- Scan the QR Code to quickly register.
- Or visit GO.UIC.EDU/RECSPRING20.



Scan to register.

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 UIN, 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.

Already an existing member

Username
Password

[Forgot Password/Create Logins? Click Here.](#)

Login

OR

Sign in with

FACILITIES PROGRAMS SERVICES MEMBERSHIPS

Not a guest yet?

Become a Guest

Be the head of the account? * Required Field

Guest: Home Address (Primary Address)

Name: Sparky, Dragon

Address: [Field]

City/State/Province: Chicago IL, 60608

Zip Code: 60608

Gender: Male

Home: [Field]

Business: [Field]

Mobile: [Field]

Other: [Field]

Contact: [Field]

Phone: [Field]

sparkyd@uic.edu

Add a Sub-Guest

