

CLASSES

No Classes July 4

AQUATICS

Class#	Class	Days & Time	Date	Location	Price
SWIM CONDITIONING					
SWC001	Swim Conditioning (2/week)	MW 9–10am	7/9-8/29	CV	\$56/71
SWC002	Swim Conditioning (2/week)	MW 6–7pm	7/9-8/29	CV	\$56/71
SWC003	Swim Conditioning (2/week)	TTh 9–10am	7/5-8/28	CV	\$56/71
SWC004	Swim Conditioning (2/week)	TTh 6–7pm	7/5-8/28	CV	\$56/71
SWC005	Swim Conditioning (1/week)	Fri 8:30–9:30am	7/6-8/24	NAT	\$29/39
SWC006	Swim Conditioning (1/week)	Sat 7:45–8:45am	7/7-8/25	NAT	\$29/39
SWC007	Swim Conditioning (2/week)	T/Th 6–7pm	4/10–5/31	CVP	\$56/71
SWIM LESSONS					
SWI001	Adult Water Adjustment	Sat 1–1:50pm	7/7-8/25	Nat	\$54/69
SWI002	Adult Water Adjustment	Sun 10–10:50am	7/8-8/26	Nat	\$54/69
SWI013	Swim Lessons–Adult Level 1 Sec. A	MW 9-9:50am	7/9-8/1	Nat	\$54/69
SWI014	Swim Lessons–Adult Level 1 Sec. B	TTH 9-9:50am	7/10-8/2	Nat	\$54/69
SWI003	Swim Lessons–Adult Level 1 Sec. A	Sat 1–1:50pm	7/7-8/25	Nat	\$54/69
SWI004	Swim Lessons–Adult Level 1 Sec. B	Sat 1–1:50pm	7/7-8/25	Nat	\$54/69
SWI005	Swim Lessons–Adult Level 1 Sec. A	Sun 10–10:50am	7/8-8/26	Nat	\$54/69
SWI006	Swim Lessons–Adult Level 1 Sec. B	Sun 10–10:50am	7/8-8/26	Nat	\$54/69
SWI007	Swim Lessons–Adult Level 2	Sat 1–1:50pm	7/7-8/25	Nat	\$54/69
SWI008	Swim Lessons–Adult Level 2	Sun 10–10:50am	7/8-8/26	Nat	\$54/69
SWI009	Swim Lessons–Adult Level 3	Sat 1–1:50pm	7/7-8/25	Nat	\$54/69
SWI010	Swim Lessons–Adult Level 3	Sun 10–10:50am	7/8-8/26	Nat	\$54/69
SWI011	Swim Lessons–Adult Level 4	Sat 1–1:50pm	7/7-8/25	Nat	\$54/69
SWI012	Swim Lessons–Adult Level 4	Sun 10–10:50am	7/8-8/26	Nat	\$54/69

LOCATION KEY:

CVC	Canyonview Classroom	Muir	Muir Tennis Courts	RG	Rec Gym
CVP	Canyonview Pool	Nat	Natatorium	RR	RIMAC Racquetball Courts
ECRA	Archery Field	NC	North Campus Tennis Courts	SW	Spanos West
LC	Lutheran Church	Pit	RIMAC Weight Room	MGMR	Main Gym Meeting Room
MG	Main Gym	RA	RIMAC Activity Rooms	WS	RIMAC Wellness Studio
MS	Muir Sand Court	RCR	Rec Gym Conference Room		

AERIAL SILKS ACROBATICS

All Aerial Silk classes are held in the West Balcony at Main Gym
 *Repriced to reflect holiday cancellations

Class#	Class	Days & Time	Date	Instructor	Location	Price
CIR001	Aerial Silks–Level 1	Mon 12:15–1:15pm	7/9-8/27	Jesse	West Bal	\$36/46
CIR002	Aerial Silks–Level 1	Mon 1:15–2:15pm	7/9-8/27	Jesse	West Bal	\$36/46
CIR003	Aerial Silks–Level 1	Tue 12:15–1:15pm	7/10-8/28	Jesse	West Bal	\$36/46
CIR004	Aerial Silks–Level 1	Tue 2:15–3:15pm	7/10-8/28	Jesse	West Bal	\$36/46
CIR005	Aerial Silks–Level 1	Wed 12:15–1:15pm	7/11-8/29	Summer	West Bal	\$36/46
CIR006	Aerial Silks–Level 1	Wed 1:15–2:15pm	7/11-8/29	Summer	West Bal	\$36/46
CIR007	Aerial Silks–Level 1	Thursday 12:15-1:15pm	7/5-8/23	Marie	West Bal	\$36/46
CIR008	Aerial Silks–Level 1	Fri 12:15–1:15pm	7/6-8/24	Marie	West Bal	\$36/46
CIR009	Aerial Silks- Level 1.5	Friday 11:15-12:15am	7/6-8/24	Marie	West Bal	\$36/46
CIR010	Aerial Silks–Level 2	Mon 2:15–3:15pm	7/9-8/27	Summer	West Bal	\$36/46
CIR011	Aerial Silks–Level 2	Tue 1:15–2:15pm	7/10-8/28	Jesse	West Bal	\$36/46
CIR012	Aerial Silks–Level 2	Wed 8:45pm-9:45pm	7/11-8/29	Cara	West Bal	\$36/46
CIR013	Aerial Silks Level 3	Wed 7:45-8:45pm	7/11-8/29	Cara	West Bal	\$36/46
CIR014	Aerial Silks–Level 3	Thursday 8:15am-9:15am	7/5-8/23	Lydia	West Bal	\$36/46
CIR015	Aerial Silks- Level 4	Tue 8:15–9:45pm	7/10-8/28	Jesse	West Bal	\$47/62
CIR016	Aerial Silks–Silks Open Gym	Sat 11:15am–12:45pm	7/7-8/25	Cara	West Bal	\$36/46

All social dance classes require a mixing and mingling of partners. (Exception: Beg. Couples Ballroom and Latin Dance) Please wear closed-toe shoes, with soft rubber soles.

DANCE

Late class registration or attendance is discouraged for activities that involve progressive skills.

Class#	Class	Days & Time	Date	Instructor	Location	Price
FOUNDATIONAL						
DNC001	Ballet–Beginning (2/week)	TTh 5–5:55pm	7/5-8/28	Vanetta Diamond	RA1	\$72/92
DNC003	Ballet–Intermediate (2/week)	TTh 6–6:55pm	7/5-8/28	Vanetta Diamond	RA1	\$72/92
DNC002	Ballet–Intermediate (1/week)	Sat 11am–12:30pm	7/7-8/25	Vanetta Diamond	RCR	\$54/69
DNC060	Ballet- Beginnig (1/week)	Sun 10am-11am	7/8-8/26	Jessica Kelley	RA1	\$36/46
DNC006	Barre Workout	Sat 11:30am–12:30pm	7/7-8/25	Olivia Koziel	RA1	\$36/46
DNC007	Burlesque	Sun 11am-12pm	7/8-8/26	Jessica Kelley	RA1	\$36/46
DNC070	Contemporary Dance	Sun 12pm-1pm	7/8-8/26	Jessica Kelley	RA1	\$36/46
DNC009	Contemporary Ballet	Sat 12:30–1:30pm	7/7-8/25	Olivia Koziel	RA1	\$36/46
DNC061	Jazz Dance–Beginning	Mon 5:00-6:00pm	7/9-8/27	Rachel Finerman	WB	\$36/46
DNC011	Jazz Dance–Beginning	Sat 1:30-2:30pm	7/7-8/25	Olivia Koziel	RA1	\$36/46
DNC062	Tap Dance- Beginning	Mon 6:00-7:00pm	7/9-8/27	Rachel Finerman	RCR	\$36/46
SOCIAL						
DNC014	Argentine Tango–Fundamentals	Fri6-7:30 pm	7/6-8/24	Isabelle Kay	RA2	\$54/69
DNC019	Club Dance–Freestyle	Wed 7–8pm	7/11-8/29	Prince Graham	RCR	\$36/46
DNC021	Beginning Latin	Mon 6:00-7:00pm	7/9-8/27	Yolanda Vargas	RA2	\$36/46
DNC022	Intermediate Latin	Mon 7:00-8:00pm	7/9-8/27	Yolanda Vargas	RA2	\$36/46
DNC056	Beginning Ballroom	Tues 6:00-8:00pm	7/10-8/28	Yolanda Vargas	RA2	\$28/38
DNC017	Beginning Swing	Tues 7:00-8:00pm	7/10-8/28	Yolanda Vargas	RA2	\$36/46
DNC057	Forro- Brazilian Couple Dance 1	Friday 5-6pm	7/20-8/24	Daniel Ribiero	RA2	\$36/46
DNC064	Irish Dance	Wed 5-6pm	7/25-8/29	Marina McCowin	RCR	\$25/35

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Class#	Class	Days & Time	Date	Instructor	Location	Price
WORLD BEAT						
DNC028	Go Go Dance	Tue 7-8pm	7/10-8/28	Prince Graham	WB	\$36/46
DNC031	Hip Hop-Intermediate	Wed 6-7pm	7/11-8/29	Prince Graham	RCR	\$36/46
DNC029	Hip Hop - Beginning	Tue 6-7pm	7/10-8/28	Prince Graham	WB	\$36/46

FINE ARTS & DIY

Class#	Class	Days & Time	Date	Instructor	Location	Price
DIY002	Drawing - Beginning	Thu 5:30-6:55pm	7/6-8/24	Spencer Christiansen	Tiki	\$48/63
DIY001	Sewing-Learn to Sew	Wed. 5-7 p.m.	8/8-8/29	Marie Perroud	Tiki	\$32/42
DIY007	Guitar - Beginning	Sat 11a.m.-12n	7/7-8/25	Max Engelhardt	Tiki	\$32/42
DIY005	Guitar - Performance	Tue 4:30-6 p.m.	7/10-8/28	Max Engelhardt	Tiki	\$48/63
DIY004	Guitar - Beginning	MW 12-1 p.m.	7/9-8/29	Aaron Seener	Tiki	\$64/79

GYMNASTICS *All Gymnastics classes held in the South Balcony of Main Gym* **Repriced to reflect holiday cancellations*

Class#	Class	Days & Time	Date	Location	Price
GYM001	Gymnastics-Beginning	Mon 6-7:30pm	7/9-8/27	MG	\$69/89
GYM002	Gymnastics-Intermediate	Tue 7-8:30pm	7/10-8/28	MG	\$69/89
GYM003	Gymnastics-Intermediate	Thu 6-7:30pm	7/5-8/23	MG	\$69/89
GYM004	Gymnastics-Intermediate	Mon 6-7:30pm	7/9-8/27	MG	\$69/89
GYM005	Gymnastics-Adult Open Workout	Mon 7:30-9pm	7/9-8/27	MG	\$38/48
GYM006	Gymnastics-Adult Open Workout	Wed 7:30-9pm	7/11-8/29	MG	\$38/48
GYM007	Gymnastics-Bootcamp Workout	Mon 5-5:55pm	7/9-8/27	MG	\$38/48
GYM008	Gymnastics-Bootcamp Workout	Wed 5-5:55pm	7/11-8/29	MG	\$38/48
GYM009	Gymnastics-Bootcamp Workout	Thu 5-5:55pm	7/5-8/23	MG	\$38/48
GYM010	Gymnastics-Men's Events/Strength	Wed 6-7:30pm	7/11-8/29	MG	\$69/89
GYM011	Gymnastics - Training for Parkour	Fri 2-3:00pm	7/6-8/24	MG	\$45/60

MARTIAL ARTS

Class#	Class	Days & Time	Date	Instructor	Location	Price
MAR001	Arnis/Escrima-Filipino Martial Arts	Thu 5:30-6:55pm	7/5-8/23	Pat Marsch	RA #3	\$45/60
MAR002	Aoinagi Karate All Levels	TTh 6-7 p.m.	7/5-8/28	Neville Billimoria	MG Fit Rm.	\$60/75
MAR003	Brazilian Jiu Jitsu with Gi	Fri. 4-5:30 p.m.	7/6-8/24	Phillip Palmejar	MG Fit Rm.	\$45/60
MAR004	Brazilian Jiu Jitsu- Level 1	Sat 12:30-2pm	7/7-8/25	Dan Maryanovsky	"ECRA	\$45/60
"	\$45/60	Fri 5:30-7pm	4/13-6/1	Dan Maryanovsky	MG	\$45/60
MAR005	Brazilian Jiu Jitsu - Level 1	Fri. 5:30-7 p.m.	7/6-8/24	Dan Maryanovsky	MG Fit Rm.	\$45/60
MAR006	Hapkido-Beginning	TTh 7-8:25pm	7/5-8/28	Stephanie Siu	MG Fit Rm.	\$90/110
MAR007	Hapkido- All Levels	Sun. 3-5 p.m.	7/8-8/26	Steve Carter	MG Fit Rm.	\$60/75
MAR008	Brazilian Jiu Jitsu - Level 1	Wed. 4-5:30 p.m.	7/11-8/29	Dan Maryanovsky	MG Fit Rm.	\$45/60
MAR009	Iaido-Japanese Swordsmanship	Sat 10-11:30am	7/7-8/25	Kako Lee	RG	\$45/60
MAR010	Jeet Kune Do	Fri 3-4pm	7/6-8/24	Phillip Palmejar	RCR	\$30/40
MAR011	Kendo-The Way of the Sword	Sat 12-1:30pm	7/7-8/25	Matthew Shultzel	RG	\$45/60
MAR012	Kobudo-Beginning	Sat 11am-12pm	7/7-8/25	Ophira Bergman	MG	\$30/40
MAR013	Okinawan Karate-Beginning	MW 6-6:55pm	7/9-8/29	Ophira Bergman	MG	\$60/75
MAR014	Okinawan Karate-Advanced	MW 7-7:55pm	7/9-8/29	Ophira Bergman	MG	\$60/75
MAR015	Okinawan Karate-Kumite	Fri 6-7:30pm	7/6-8/24	Ophira Bergman	RCR	\$45/60
MAR016	San Soo Kung Fu	Wed 7-8:30pm	7/11-8/29	Tony Buhr/Dan Calimlim	MG Fit Rm.	\$45/60
MAR017	T'ai Chi	Sun 1-2pm	7/8-8/26	Matthew Tay	RA #2	\$30/40
MAR018	Taekwondo	MW 7-8:30pm	7/9-8/29	Mark Renshaw	RA #3	\$90/110
MAR019	Tang Soo Do Karate-Beg	Tue 5:30-7pm	7/10-8/28	Miguel Soto	RA #3	\$45/60
MAR034	Tang Soo Do Karate-Cont	Sat 8:30-10am	7/7-8/25	Miguel Soto	RA #3	\$45/60
MAR020	Wushu Competition Workout	Sun 3-5pm	7/8-8/26	Matthew Tay	RA #2	\$40
MAR021	Wushu Internal	Sun 2-3pm	7/8-8/26	Matthew Tay	RA #2	\$20

SURFING

Class#	Class	Days & Time	Date	Location	Price
SRF001	Surfing Fundamentals	Sat 9–10:20am	7/7-8/25	Tiki	\$65/85
SRF002	Surfing Fundamentals	Sat 10:30–11:50am	7/7-8/25	Tiki	\$65/85
SRF003	Surfing Fundamentals	Sat 12–1:20pm	7/7-8/25	Tiki	\$65/85
SRF004	Surfing Fundamentals	Sat 1:30–2:50pm	7/7-8/25	Tiki	\$65/85
SRF005	Surfing Fundamentals	Sun 9:30–10:50am	7/8-8/26	Tiki	\$65/85
SRF006	Surfing Fundamentals	Sun 11am–12:20am	7/8-8/26	Tiki	\$65/85
SRF007	Surfing Fundamentals	Sun 12:30–1:50pm	7/8-8/26	Tiki	\$65/85
SRF008	Surfing Fundamentals	Sun 2–3:20pm	7/8-8/26	Tiki	\$65/85
SRF009	Surfing Fundamentals	Mon 9:30–10:50am	7/9-8/27	Tiki	\$65/85
SRF010	Surfing Fundamentals	Mon 11am–12:20pm	7/9-8/27	Tiki	\$65/85
SRF015	Intermediate Surfing at Black's Beach	Tue 9:30 - 10:50am	7/10-8/28	Tiki	\$65/85
SRF011	Surfing Fundamentals	Wed 9:30–10:50am	7/11-8/29	Tiki	\$65/85
SRF012	Surfing Fundamentals	Wed 11am–12:20pm	7/11-8/29	Tiki	\$65/85
SRF013	Surfing Fundamentals	Fri 10–11:20am	7/6-8/24	Tiki	\$65/85
SRF014	Surfing Fundamentals	Fri 11:30am–12:50pm	7/6-8/24	Tiki	\$65/85
SRFW01	Learn to Surf Workshop 1	Sat 3-5pm	7/21	Scripps Pier	\$20/30
SRFW02	Learn to Surf Workshop 2	Sat 3-5pm	8/4	Scripps Pier	\$20/30
SRFW03	Family Surfing Workshop	Sat 3-5pm	7/28	Scripps Pier	\$20/30

STRENGTH & SMALL GROUP TRAINING

* Purchase a Strength & Small Group Training Class and get the Fit Yoga Pass for 50% off!

Summer Session I

Class	Days & Time	Date	Instructor	Location	Price
Strength Training for All	MW 3-3:55pm	7/2 - 8/1	Jason Boyd	Pit	\$52/62/73
Total Body Circuit	MW 4-4:55pm	7/2 - 8/1	Jason Boyd	WS	\$52/62/73
Strength Training for Women	TTh 12-12:55pm	7/3 - 8/2	Jordan Mojica	Pit	\$58/70/81
Total Body Circuit	TTh 1:10-2pm	7/3 - 8/2	Jordan Mojica	WS	\$58/70/81
Strength Training for Men	TTh 5-5:55pm	7/3 - 8/2	Jordan Mojica	Pit	\$58/70/81
Circuit Training for Women	Fri 12-12:55pm	7/6 - 8/3	Ivonne Avila	WS	\$29/35/41

Summer Session II

Class	Days & Time	Date	Instructor	Location	Price
Strength Training for All	MW 3-3:55pm	8/6 - 9/5	Jason Boyd	Pit	\$52/62/73
Total Body Circuit	MW 4-4:55pm	8/6 - 9/5	Jason Boyd	WS	\$52/62/73
Strength Training for Women	TTh 12-12:55pm	8/7 - 9/6	Jordan Mojica	Pit	\$58/70/81
Total Body Circuit	TTh 1:10-2pm	8/7 - 9/6	Jordan Mojica	WS	\$58/70/81
Strength Training for Men	TTh 5-5:55pm	8/7 - 9/6	Jordan Mojica	Pit	\$58/70/81
Circuit Training for Women	Fri 12-12:55pm	8/10 - 9/7	Ivonne Avila	WS	\$29/35/41
Beginning Strength Training	Sun 10–10:55am	4/8–6/3	Jason Boyd	SAPC	\$45/54/63
Strength Circuit & HIIT	Sun 11–11:55am	4/8–6/3	Jason Boyd	SAPC	\$45/54/63

SPORTS *Repriced to reflect holiday cancellations

Class#	Class	Days & Time	Date	Instructor	Location	Price
SPT001	Archery-Beginning	Mon 4:15-5:15pm	7/9-8/27	Joe Franchin	ECRA	\$32/42
SPT002	Archery-Advanced Beginning	Mon 5:15-6:15pm	7/9-8/27	Joe Franchin	ECRA	\$32/42
SPT003	Archery - Team Workout	Wed. 5:15-7:15 p.m.	7/11-8/29	Jason Tong	ECRA	\$15
SPT004	Archery-Beginning	Sat 1-2pm	7/7-8/25	Staff	ECRA	\$32/42
SPT005	Archery-Beginning	Sun 2-3pm	7/8-8/26	Staff	ECRA	\$32/42
SPT006	Archery-Advanced Beginning	Sun. 3-4 p.m.	7/8-8/26	Staff	ECRA	\$32/42
SPT007	Archery-Intermediate	Mon 6:15-7:15pm	7/9-8/27	Joe Franchin	ECRA	\$32/42
SPT008	Archery - Beginning	Wed. 3:15-4:15 p.m.	7/11-8/29	Joe Franchin	ECRA	\$32/42
SPT009	Archery-Intermediate	Sun 4-5pm	7/8-8/26	Staff	ECRA	\$32/42
SPT012	Archery-Open Workout	TTh 5:30-7pm Sun 10am-12pm	7/8-8/26	Staff	ECRA	\$15
SPT011	Archery - Family Workout	Sun 10-11 a.m.	7/8-8/26	Staff	ECRA	\$15
SPT013	Boxing-Coed Beginning	Wed 5:30-7pm	7/11-8/29	Oliver Bascos	MG Combatives	\$48/63
SPT014	Boxing-Coed Beginning	Wed 7-8:30pm	7/11-8/29	Oliver Bascos	MG Combatives	\$48/63
SPT015	Boxing-Coed Beginning	TTh 11am-12pm	7/5-7/31	Oliver Bascos	MG Combatives	\$32/42
SPT016	Boxing-Coed Beginning	TTh 11am-12pm	8/2-8/28	Oliver Bascos	MG Combatives	\$32/42
SPT017	Boxing-Women's Beginning	TTh 12-1pm	7/5-7/31	Oliver Bascos	MG Combatives	\$32/42
SPT018	Boxing-Women's Beginning	TTh 12-1pm	8/2-8/28	Oliver Bascos	MG Combatives	\$32/42
SPT019	Fencing Bootcamp	Tue 6-7:15 p.m.	7/10-8/28	Max Engelhardt	Main Gym Floor	\$34/44
SPT020	Fencing-Level 1	Sat 2-3:15pm	7/7-8/25	Max Engelhardt	Main Gym Floor	\$34/44
SPT021	Fencing -Level 1	Tue 6-7:15 p.m.	7/5-8/28	Max Engelhardt	Main Gym Floor	\$34/44
SPT022	Fencing-Level 2	Tue 6-7:15pm	7/10-8/28	Bill Snider	Main Gym Floor	\$34/44
SPT023	Fencing-Level 2	Sat 3:15-4:30pm	7/7-8/25	Max Engelhardt	Main Gym Floor	\$34/44
SPT024	Golf	Sat 8-9am	6/23-8/11	Mike Wydra	Sorrento	\$65/85
SPT025	Golf	Sat 9-10am	6/23-8/11	Mike Wydra	Sorrento	\$65/85
SPT026	Racquetball Open Workout	Mon. 6-7:30 p.m.	7/9-8/27	Shirley Hill	RR	\$48/63
SPT027	Racquetball Open Workout	Thurs. 6-7:30 p.m.	7/5-8/23	Shirley Hill	RR	\$48/63
SPT037	Racquetball Beginning	Thurs. 6:30-8:00 p.m.	7/5-8/23	Shirley Hill	RR	\$48/63
SPT028	Tennis-Beyond Beginning	TTh 5-6pm	7/5-8/28	Marcus Robas	Muir	\$72/92
SPT029	Tennis-Beyond Beginning	Sat 8-9:30am	7/7-8/25	Sanjeev Sinha	Muir	\$54/69
SPT030	Tennis-Beyond Beginning	MW 5-6pm	7/9-8/29	Marcus Robas	Muir	\$72/92
SPT038	Tennis-Beginning	MW 4-5 p.m.	7/9-8/29	Marcus Robas	Muir	\$72/92
SPT031	Tennis-Beyond Beginning	Sat 9:30-11am	7/7-8/25	Sanjeev Sinha	Muir	\$54/69
SPT032	Tennis Intermediate (2/week)	MW 6-7:30pm	7/9-8/29	Marcus Robas	Muir	\$98/118
SPT033	Tennis Intermediate (2/week)	TTh 6-7pm	7/5-8/28	Marcus Robas	Muir	\$72/92
SPT034	Tennis-Sunday Morning Rec Tennis	Sun 9am-12pm	7/8-8/26	Marcus Robas	Muir	\$54/69
SPT035	Tennis Workout	Mon. 5:30-7 p.m.	7/9-8/27	Hannah Folk	NC courts	\$54/69
SPT036	Indoor Volleyball Workout	Wed. 5-6:30 p.m.	7/11-8/29	Beau Benko	RG	\$48/63