What's Your Game Plan?
Easy steps to joining a league

Futsal is Back for Fall
Get the team back together

Fitness Secret
Perks of personal training
what’s inside

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Meet Our Community ............................... 8-9
Group X Highlights ............................... 12-13
How to Participate in Group X .............. 14
How to Participate in Programs ............ 15
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General Information
UCSF Fitness & Recreation Centers are open to all.
Millberry Fitness & Recreation Center
UCSF Parnassus Campus
Service Desk: 415.476.1115
Bakar Fitness & Recreation Center
UCSF Mission Bay Campus
Service Desk: 415.514.4545

Hours of Operation:
Monday-Friday 5:30 am-10:00 pm
Saturday-Sunday 7:30 am-8:00 pm
Visit our website for holiday hours.

Parking
Call us or visit our website for details on discounted validated parking.

Become a Member
Preferred rates available for UCSF affiliates. Inquire about our membership options.
Millberry Fitness & Recreation Center
UCSF Parnassus Campus
Member Services: 415.476.0348
millberry.memberships@ucsf.edu
Bakar Fitness & Recreation Center
UCSF Mission Bay Campus
Member Services: 415.476.5646
bakar.memberships@ucsf.edu

Like us on Facebook
facebook.com/UCSFFitnessRecreation

Follow us on Instagram
instagram.com/ucsffitness

fitness.ucsf.edu
Our mission is to enrich the human spirit, quality of life, and community at UCSF

Our strong, powerful community

What makes UCSF so special? It’s the people. With fierce pride, we welcome and celebrate our diverse community of students, professionals, and neighbors in the city.

As we shift gears towards fall, I encourage you to take full advantage of all this community has to offer. Team up with friends or colleagues to join a sports league. Connect with others in a group fitness class. And, surround yourself with energy, motivation, and on some days, that extra push you need to dig deeper.

As you flip through these pages, we hope you get inspired to plan a healthy post-summer reset, to get back on track, and to discover your next thrill. Let’s do this together!

Gail Mametsuka
Director, Fitness & Recreation
Futsal is Back
Register starting September 6

Team up with friends who share your love of this fast-paced, exciting indoor soccer game.

See page 25 for more information.
Join a league.

Want to bond with friends and colleagues, build teamwork, and play your favorite sport? Take these steps now.

1. Choose Your Sport
   Basketball, Futsal, Volleyball

2. Invite Teammates

3. Review League Info
   tiny.ucsf.edu/leagues

4. Submit Registration Form

5. Have fun!
“It’s great to just have people come out and have fun.”

Francesco Nguyen
Member & Touchtennis and Pickleball Player
Fall Favorites

We've got your back.
You can do this!

Private Personal Training
Our expert trainers can help you reach your goals – increased strength and endurance, sports performance, and weight loss. Check out profiles of our certified trainers at tiny.ucsf.edu/trainers (pg 21)

Private Pilates Sessions
Reach your personal best with in-depth, one-on-one coaching that will keep you motivated. Build your core strength and gain a leaner physique with a regular Pilates practice. (pg 24)

Power up with the Power Pass
Enjoy focused instructor attention and supportive group motivation. Take classes combining circuits of cardio intervals and resistance training, and Pilates classes that increase core strength, flexibility, muscle tone, and endurance. Purchase a Power Pass for access to:

- Women on Weights (pg 22)
- Pilates (pg 24)
Finding Community on the Court

Emilie Van der Hoorn moved to San Francisco three years ago without knowing anyone, but with the help of Bakar Fitness Center and her love of the sport of squash, she’s found community.

“We initially moved to San Francisco for my husband’s work. He’s a computer engineer and inevitably was drawn to Silicon Valley,” she said. Emilie works as a private art conservator just a few blocks from Bakar.

Emilie was drawn to squash during grad school in England. “It’s a much more popular sport there,” she said. “Once I started playing, I fell in love with it.”

Emilie said she’s found a very passionate squash community in San Francisco, and Bakar offers a good value, nice gym, and great people. “It’s an incredibly dedicated group of players. They come from all backgrounds and all walks of life.”

She enjoys the convenience of the courts at Bakar and the low-key attitude of the local squash players. “They aren’t super competitive and they are a lot of fun to hang out with both on and off court.”

Emilie said just about everyone she knows in San Francisco she’s met through playing squash.

When she’s not on the courts, she likes taking fitness classes such as BODYPUMP™. “It’s such a great workout and completely different from squash. I always feel amazing after I’ve taken a class.”
Getting Fired Up for Tuesday Basketball

Vinith Johnson, a research specialist at the Neuroscape neuroscience center at UCSF Mission Bay, looks forward to joining his professors, colleagues, other researchers, and security guards from his center every Tuesday for a game of pickup basketball at Bakar.

Vinith said professors, researchers and students appreciate that they can leave their lab, walk across the quad, and be running up and down the basketball courts at Bakar within five minutes. “If you are having a long day and working with complicated stats and data, it’s a breath of fresh air to have a world-class gym next door.”

Tuesday basketball was also a way for Vinith to connect with his lab. When he arrived at UCSF as a visiting scholar last summer, it was the first time he had left India. “It was my first time abroad. I was in a different environment with no family or friends.” Basketball helped Vinith break the ice with his new colleagues. “I was able to understand their interests and connect with them better.”

The games can get a little intense. Recently, Vinith broke his wrist diving for a ball during a pickup game. “I was trying to intercept a wide pass from a teammate and collided with another person and fell on my wrist.”

Thankfully for Vinith, he has the fitness center as a place to do his rehab exercises while his wrist is healing. “It has everything you need,” he said. Vinith even runs into his physical therapist, also a member, at the fitness center. “He asks me how my rehab is going. You want to rehabilitate faster when you have the right kind of people around you.”
Join the conversation, *then hit the gym running.* #UCSFStrong

like to be *first?*

Follow Fitness & Recreation

Be first-to-know, from the best moves of top trainers, to special offers, events, and more.

UCSF Fitness & Recreation

@ucsffitness

UCSF Fitness & Recreation

Join the conversation, *then hit the gym running.* #UCSFStrong
get 10% off every item, every time

Sign up for the Basementeer program

10% of proceeds go towards UCSF Fitness Center improvements.

Get details at: tiny.ucsf.edu/basemanteers
Work out and get stronger together.

**STRONG by Zumba™** A high-intensity workout featuring squats, lunges, burpees, and more is driven by music to help you make it to the last rep.

**P90X® LIVE Mission Bay only**
Keep your body guessing with a variety of strength-training moves, cardio conditioning, and core work. Find strength in numbers to blast through any plateaus.

**PiYo® LIVE** Mix it up with Pilates, yoga, and non-stop movement! You’ll sweat, stretch, and strengthen—all in one workout. No weights, no bulk. Just hardcore results.

**GRIT™ Strength** A 30-minute advanced high-energy workout, designed to improve strength and build lean muscle. A weight workout that is so efficient and effective, you’ll be back for more.

See page 14 for participation info.
Fall refresh – Challenge your body in new and different ways.

S-t-r-e-t-c-h: Top-To-Toe Flexibility Ease back into your workout with a total-body stretch routine. Unlock stiffness, improve posture, and increase flexibility.


BODYPUMP® Engage every muscle. This cutting-edge workout uses a SmartBar™ with adjustable weights and focuses on low weight and high repetition movements. Burn fat and build strong, lean muscles.

Hatha Yoga Become more mindful. Get in touch with your entire body with yoga at a gentle and slow pace. Focus on breath, control, and concentration in a calm, quiet, and non-competitive environment.

See page 14 for participation info.
A group experience can be a great motivator. With over 170 classes to choose from, find an activity that’s right for you. Group X classes are ongoing and available by drop-in participation.

For a full list of classes and schedules, visit our website: fitness.ucsf.edu

**Premier Members**
Unlimited Group X classes are included with Premier membership.

**Single and 10-Visit Pass Customers**
Purchase a pass at the Service Desk. See page 15 for details.

**Reservations**
Reservations are available for members and 10-Visit Pass customers.
• Reserve starting at 7:00 pm daily for next day classes
• Call or visit the Service Desk in person
• Premier members may also reserve online at: xpiron.com/schedule/ucsf

**Class Check-in and Studio Arrival**
Pick up an entry card at the Service Desk up to 20 minutes prior to and five minutes after class start time.

**Cancellations**
If you cannot attend a class, please cancel your reservation by phone or in-person. Premier members can also cancel online.
Participate in Programs

**Program Registration**
Open to everyone, including non-members and the general public. Register in-person or on our website.

**Program Pricing**
UCSF Fitness & Recreation members receive discounted rates on programs. Prices are listed in the following format: Members / Non-members (e.g. $29/59)

**Spring Registration Start Dates**
Premier Members and UCSF Students: September 10
General Registration: September 11

**Cancellations**
Register early—classes are subject to cancellation without minimum participation. If a class is cancelled, you will be notified by telephone and a full refund will be available in the same form as the original payment. See the Credit and Refund Policy on our website for information about customer cancellations.

**Gift Cards**
A simple way to treat your favorite person to our programs or membership. Available for purchase at the Service Desk. Must be redeemed in-person.

**10-Visit Pass**
Pass includes Group X classes, drop-in sports, towel service, sauna, pools, and exercise equipment.
$175
- Expires 90 days from purchase date
- Non-transferable.
  Some restrictions apply
- Single visit pass $22
- Guest hosted by member $15

**Rec Pass for UCSF Students**
Provides unlimited Outdoor Program and Recreational Sports trips, classes, and leagues.
Purchase at the Service Desk. $74
For details, call 415.476.2078 or visit tiny.ucsf.edu/RecPassUCSF

**Youth Participation**
See program descriptions for age restrictions. Youth ages 15 and older may participate in adult programs.
Membership is required for ages 15 and older for use of the fitness floor and equipment.

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**Free to members**
Look for the free icon for programs available to members at no cost.
Adult Aquatics

**water exercise classes**
Suitable for beginners, older adults, returning exercisers, and post-rehabilitation.

**AquaFit**
Build strength, endurance, flexibility, and coordination in this challenging full-body workout.

**AquaFlex**  *Mission Bay only*
Gentle movements in warm water help improve and sustain joint mobility and flexibility.

**Deep Water Exercise**  *Parnassus only*
An intense total-body workout wearing water belts. Participants should be comfortable in deep water.

**Deep Water Running**  *Parnassus only*
Non-impact cross-training with flotation water belts takes the stress off your joints. An ideal workout for all ages and levels. Participants should be comfortable in deep water.

**Check our pool schedule for class times:**
tiny.ucsf.edu/ucsfaquatics

**adult swim lessons**
It’s never too late to learn how to swim or improve your stroke technique.

**Weekday Lessons**

**Session One (8 classes)**
M, W  10/2-10/25  8:30-9:15 pm  1000.201
$135/195  Parnassus
M, W  10/2-10/25  8:00-8:45 pm  1000.251
$135/195  Mission Bay, Indoor Pool

**Session Two (6 classes)**
M, W  10/30-11/15  8:30-9:15 pm  1000.202
$105/145  Parnassus
M, W  10/30-11/15  8:00-8:45 pm  1000.252
$105/145  Mission Bay, Indoor Pool

**Session Three (8 classes)**
M, W  11/27-12/20  8:30-9:15 pm  1000.203
$135/195  Parnassus
M, W  11/27-12/20  8:00-8:45 pm  1000.253
$135/195  Mission Bay, Indoor Pool

**Weekend Lessons**

**Session One (8 classes; no class 11/25)**
Sa  10/21-12/16  2:15-3:00 pm  1000.254
$135/195  Mission Bay, Indoor Pool
pre-masters fitness swim
Gain the skills and knowledge to build your own swim workout or prepare yourself to become part of our Masters Swim team. Improve your stroke technique, strength, and endurance through a variety of activities including drills, turns, and interval training. Must be proficient in freestyle and able to swim 300 yards in 10 minutes or less.

Session One (8 classes)
M, W 10/2-10/25 7:30-8:30 pm 1010.201
$135/195  Parnassus
M, W 10/2-10/25 7:00-8:00 pm 1010.251
$135/195  Mission Bay, Indoor Pool
Tu, Th 10/3-10/26 7:00-8:00 am 1010.254
$135/195  Mission Bay, Outdoor Pool

Session Two (6 classes)
M, W 10/30-11/15 7:30-8:30 pm 1010.202
$105/145  Parnassus
M, W 10/30-11/15 7:00-8:00 pm 1010.252
$105/145  Mission Bay, Indoor Pool
Tu, Th 10/31-11/16 7:00-8:00 am 1010.255
$105/145  Mission Bay, Outdoor Pool

Session Three (8 classes)
M, W 11/27-12/20 7:30-8:30 pm 1010.203
$135/195  Parnassus
M, W 11/27-12/20 7:00-8:00 pm 1010.253
$135/195  Mission Bay, Indoor Pool
Tu, Th 11/28-12/21 7:00-8:00 am 1010.256
$135/195  Mission Bay, Outdoor Pool

masters swim team
Mission Bay only
Whether you swim for fitness, for competition, or both, our coaches provide stroke technique and endurance training to up your game.

To get started, pick up a form from our coaches or visit tiny.ucsf.edu/ucsfaquatics

$12 monthly membership dues
$54 annual USMS fee

Open to members and UCSF students only
M, W, F 5:30-7:00 am and 7:00-8:30 am
Tu, Th 11:30 am-1:00 pm
M, Tu, Th 6:30-8:00 pm
Sa, Su 7:30-9:00 am
Outdoor Pool

certifications
Lifeguard Training
Time to get certified! Build leadership and communication skills, as you learn lifesaving techniques. You must be at least 15 years old and able to pass the American Red Cross prerequisite swim test on the first day of class. Course fee includes CPR mask and certification fee. For more information check our website for upcoming classes or contact us at 415.514.4837.

2016 Best Pool, San Francisco Magazine
2015 Best Pool, San Francisco Magazine
2012 Best Outdoor Pool, 7x7 Magazine
Bakar Fitness & Recreation Center
**kayaking**

**Sausalito Moonlight Kayak Trip**
Enjoy being on the water as the sun sets, and the moon rises over Angel Island. No experience necessary. Adults only.

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<td>W</td>
<td>10/4</td>
<td>6:00-8:30 pm</td>
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<td>Th</td>
<td>10/5</td>
<td>6:00-8:30 pm</td>
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$68/90  Sausalito

**Sausalito Houseboats Kayak Trip**
Paddle by Sausalito’s historic houseboats and come face-to-face with all the beautiful and diverse coastal wildlife. No experience necessary.

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<td>Sa</td>
<td>11/18</td>
<td>10:30 am-1:00 pm</td>
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<td>Su</td>
<td>12/3</td>
<td>10:30 am-1:00 pm</td>
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$49/64  Sausalito

**Mission Creek Morning Kayak Trip**
Ages 8 and up
Get on the water, right in your own backyard. This is a great way to begin exploring sea kayaking in San Francisco that’s perfect for families, beginners, and friends. No experience necessary. Kids under 16 are half price.

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<tr>
<td>Sa</td>
<td>10/21</td>
<td>10:30 am-12:30 pm</td>
<td>9207.201</td>
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$49/64  Mission Creek

**Mission Creek Sunset Kayak Trip**
a wonderful end-of-day escape! Enjoy watching the sun set over the Bay Bridge. No experience necessary.

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<tr>
<td>Sa</td>
<td>10/14</td>
<td>5:00-7:00 pm</td>
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<td>Su</td>
<td>10/15</td>
<td>5:00-7:00 pm</td>
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$49/64  Mission Creek

**Blue Angels Air Show Kayak Trip**
See an incredible view of the Blue Angels from the vantage point of the Bay waterfront. Guaranteed to sell out, so register early! No experience necessary.

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<td>Sa</td>
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<td>11:30 am-2:30 pm</td>
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<td>Su</td>
<td>10/8</td>
<td>11:30 am-2:30 pm</td>
<td>9208.202</td>
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$80/100  Mission Creek

**stand up paddling**
SUP is fun, easy, and right in our backyard at Mission Creek. Board, paddle, wetsuit, and life jacket are included.

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<td>Sa</td>
<td>10/21</td>
<td>10:00 am-12:00 pm</td>
<td>9300.201</td>
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$53/70  Mission Creek

**backpacking, camping, and hiking**

*Note: Transportation to location not included on backpacking, camping, and hiking trips.*

**Hike for Health: Equinox Sunset Hike in the Marin Headlands**
Join us for a stunning hike as we take in the sunset from the Headlands. Meet at Rodeo Beach. No cost to bring a guest!

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<td>Th</td>
<td>9/21</td>
<td>6:00-8:00 pm</td>
<td>9121.201</td>
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</tbody>
</table>

$10/15  Sausalito

**Hike for Health: Tidepooling and Sunset**
Explore the tidepools of the California Coast. Guides share stories and knowledge about the incredible intertidal world and its creatures. Bring food to enjoy at sunset.

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<th>Day</th>
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<th>Time</th>
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<tr>
<td>Sa</td>
<td>10/7</td>
<td>4:30-7:00 pm</td>
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$10/15  Duxbury Reef, Bolinas

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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Code</th>
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<tr>
<td>Sa</td>
<td>12/2</td>
<td>2:30-5:00 pm</td>
<td>9122.202</td>
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$10/15  Marin
Full Moon Camping Trip in Point Reyes
A short 3-mile hike leads to a beachside campsite in Pt. Reyes. Explore Sculptured Beach at low tide and camp out under a full moon! Guides, permits, all camping gear, and food provided. Transportation and lunch on Saturday not included.

Sa-Su 11/4-5  9:00 am Sa-11:00 am Su
Th 11/2  Pre-Trip Meeting
$140/200  9108.201

climbing wall
Experience a view of San Francisco unlike any other. Bring your own gear, or use ours for free.

Recreational Open Climbing
CLOSED November 2017 – March 2018
Designed for experienced climbers. First-timers are welcome to climb with guidance from staff. Must be 15 years old.

Tu, Th 4:00-7:00 pm
Free  Mission Bay

Note: Wall hours of operation are subject to change due to weather and daylight savings.

Climbing with the Blue Angels
Learn climbing basics while enjoying a breath-taking view of the Fleet Week air show flying overhead! No experience necessary. We provide all climbing equipment.

Sa 10/7 12:00-2:00 pm  9400.201
Sa 10/7 2:00-4:00 pm  9400.202
Su 10/8 12:00-2:00 pm  9400.203
Su 10/8 2:00-4:00 pm  9400.204
$30/40  Mission Bay

Climbing for Beginners
Let our friendly and experienced instructors teach you the basics. We provide all equipment and prepare you to pass a belay test at any climbing facility in the nation.

Sa 10/14 10:00-12:00 pm  9400.205
Sa 10/21 10:00-12:00 pm  9400.206
$30/40  Mission Bay

Private Climbing Lessons and Events
Have you hit a wall in your climbing development? Or, are you interested in hosting a unique event? We offer private lessons and parties. Climbing parties are perfect for birthdays, celebrations, office outings, teambuilding, or just a fun day out with friends or the kids. Contact Kirk McLaughlin at 415.202.2121 or kirk.mclaughlin@ucsf.edu.

winter cabin
Our cabin in North Lake Tahoe is available to UCSF students, staff, and Fitness & Recreation Center members. Conveniently located near North Tahoe’s best ski areas, this home features a fully-equipped kitchen, large living room, and sleeps up to 16 people.

Due to the popularity of this cabin, reservations are only available in-person at Parnassus and Mission Bay. Please call 415.502.2121 to schedule an appointment.

Reservation rates per night:

<table>
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<tr>
<th></th>
<th>Students</th>
<th>Members</th>
<th>UCSF Staff</th>
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<tbody>
<tr>
<td>Weekend &amp; holiday Dec-Mar</td>
<td>$495</td>
<td>$550</td>
<td>$605</td>
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<tr>
<td>Midweek Dec-Feb</td>
<td>$375</td>
<td>$429</td>
<td>$465</td>
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<tr>
<td>Weekend April</td>
<td>$300</td>
<td>$345</td>
<td>$395</td>
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<tr>
<td>Midweek Mar-Apr</td>
<td>$250</td>
<td>$300</td>
<td>$325</td>
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See page 15 for participation info.
teambuilding/engagement
Whether you’re looking to host a small celebration or a huge corporate event, Outdoor Programs can design a made-to-order program in an ideal location. Take advantage of our spectacular conference and recreational facilities at UCSF, or choose a local park, an off-site center, or your own facility.

We offer custom weekend camping trips, rock climbing parties, and much more, including:
• Ice Breakers and Games
• Team Development Workshops
• Competitive Team Challenge
• Retro-Recess
• Rock Climbing
• Bay Kayaking
• Stand Up Paddling
• Local Excursions

For more detailed information give us a call at 415.502.2121 or visit bit.ly/besteventever
**Start-Up Package**

**SAVE Three Private Sessions $199**
Add some spark to your workout with a personal trainer at our special introductory rate. Our intro package gets you started. Perfect for beginners with attention on exercising safely, or for experienced exercisers who want to refresh their workout program. First-time personal training private session customers only.

Our certified trainers specialize in many areas including:
- Weight loss
- Core strengthening and postural alignment
- Sport specific training
- Balance and flexibility
- Injury prevention
- Post-rehab, pre- and post-natal

**Partner Training Package**
Maximize your investment and minimize costs. Share your workouts with a friend and still get the personalized attention that you need.

**Small Group Training Package**
Gather a group of friends or co-workers to get healthy and fit together! Motivate and support each other while having fun with this economical training option. Groups of 4-6 welcome.

**For more details and information about fees, contact us at:**
Mission Bay: 415.502.4398
bakar.personaltraining@ucsf.edu
Parnassus: 415.502.4398
millberry.personaltraining@ucsf.edu

See page 15 for participation info.
Women on Weights

Mission Bay only

Hit a plateau? Want to see results fast? Discover the benefits of strength training. This small group workout of no more than five combines circuits of cardio intervals and resistance training to build muscular strength, endurance, and tone. Gain confidence with weights—weight room machines, free weights, the medicine ball and BOSU work—and understand how to put together a results-focused weight lifting routine.

To participate, purchase the Power Pass.

Certified Personal Trainer Lorna Bernardo

Power Pass

The new Power Pass offers access to small group (4-6 participants) workout classes including:

- Women on Weights
- Pilates (see pg 24)

Single Class: $32/42
10 Class Pass: $290/365
20 Class Pass: $520/650

Reserve classes that fit your schedule up to 14 days in advance.

Download the UCSF Fitness & Recreation mobile app or sign up at the service desk. Details at tiny.ucsf.edu/powerpass

No shows and cancellations with less than 12-hours notice will be charged for the class. Classes are subject to change without notice. Pass expires 90 days from date of purchase.
fitness assessments

We offer medical-grade fitness assessments in partnership with the UCSF Department of Radiology. Testing is done on the Parnassus campus at 1 Irving Street.

To schedule an assessment, contact Millberry Member Services at 415.476.0348 or millberry.memberships@ucsf.edu

Body Composition Assessment
Not found in other fitness centers, these are the most accurate methods available to learn your body fat and lean mass percentages. All assessments include a full report.

- **DXA Scan**—This is considered the gold standard, or the most accurate (within 1%) and comprehensive form of body composition testing. Includes measurement of muscle, bone, organs, and fat with color imaging for your arms, legs, and trunk. Uses small amounts of x-rays. Radiation exposure is equivalent to the amount you receive in one day on Earth. $59/75

- **Bod Pod**—Sitting in a space capsule-like pod, this assessment uses air displacement technology to determine body composition. $59/75

- **Fit3D Optical Imaging**—A body scanner captures a 360 degree image of your body and extracts your body circumference measurements. Receive access to the Fit3D online platform to track your progress. $39/49

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**VO2 Max Testing**
Maximize your training with the most effective way to measure cardiovascular fitness. Learn how efficiently your body is transporting oxygen and delivering it to your muscles, and get a detailed breakdown of your unique fitness profile. This test is done on a treadmill while you are wearing a breathing mask. $199/249

**Resting Metabolic Rate Test**
The Resting Metabolic Rate test (RMR) determines the amount of energy your body is using at rest. This figure determines the amount of calories your body needs for basic survival. $89/109
Pilates Reformer Plus
Mission Bay only

Get ready for a fun, motivating, and challenging Pilates practice. Each class is uniquely different and offers a full body workout. Increase core strength, flexibility, muscle tone, and endurance. Purchase the Power Pass to participate.

Level I/II – Beginners/Intermediate
Level II/III – Intermediate/Advance

Power Pass
The Power Pass offers access to small group (4-6 participants) workout classes including:

- Pilates
- Women on Weights (see pg 22)

Single Class: $32/42
10 Class Pass: $290/365
20 Class Pass: $520/650

Reserve classes that fit your schedule up to 14 days in advance.

Download the UCSF Fitness & Recreation mobile app or sign up at the service desk. Details at tiny.ucsf.edu/powerpass

private and partner training
Mission Bay only

Choose between private training or maximize your investment by sharing your session with a friend. Whether your focus is improved posture, injury prevention, post-rehab, pre/post-natal, or sports-specific training, our trainers can help you achieve your goals.

Start-Up Package

SAVE Three Private Sessions $199
This is an excellent introduction for first timers and an ideal way to get one-on-one attention from a certified Pilates instructor. Learn key foundational moves to help you progress in your practice, use it as a preview to more in-depth private training, or to get acclimated before joining small group training classes. First-time Pilates private session customers only.

For more details and information about fees, contact us at:
415.502.4398
bakar.personaltraining@ucsf.edu

No shows and cancellations with less than 12-hours notice will be charged for the class. Classes are subject to change without notice. Pass expires in 90 days.
more fun with friends

Learn a new game, join a team, or fine-tune your talent. We offer a wide range of fun and friendly sports and activities that are played as leagues, tournaments, drop-ins, clubs, or clinics.

spring leagues

Basketball: 5-on-5 Open
Beginners/Intermediate; Intermediate/Advanced

Futsal: 5-on-5 Open
Beginners/Intermediate

Volleyball: 6-on-6 Co-ed
Beginners/Intermediate; Intermediate/Advanced

Women’s Basketball
Intermediate

League Information
- Membership ID or league card required for facility entry.
- A $5 replacement fee is charged for lost league cards.
- Additional players may be added to a team up to the second week of play by using a registration form.

Registration
Download registration forms at: fitness.ucsf.edu or pick up at the service desk. Space is limited. First come, first served.

League registration dates:
Members: September 6 – September 17
Non-Members: September 8 – September 17

League registration entry forms are due by 8:00 pm, Sunday, September 17.

Parnassus League Schedule

<table>
<thead>
<tr>
<th>Leagues</th>
<th>Days &amp; Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball: 5-on-5</td>
<td>M, 10/2-12/11</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5 (Student Only)</td>
<td>Tu, 10/3-12/12</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5</td>
<td>Th, 10/5-12/14</td>
<td>$64/83</td>
</tr>
<tr>
<td>Futsal: 6-on-6</td>
<td>Su, 10/8-12/17</td>
<td>$56/72</td>
</tr>
<tr>
<td>*Volleyball: 6-on-6 (Co-ed)</td>
<td>W, 10/4-12/13</td>
<td>$56/72</td>
</tr>
</tbody>
</table>

Mission Bay League Schedule

<table>
<thead>
<tr>
<th>Leagues</th>
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<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Basketball: 5-on-5</td>
<td>W, 10/4-12/13</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5</td>
<td>Th, 10/5-12/14</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: Women’s 5-on-5</td>
<td>Th, 10/5-12/14</td>
<td>$64/83</td>
</tr>
<tr>
<td>*Volleyball: 6-on-6 (co-ed)</td>
<td>M, 10/2-12/11</td>
<td>$56/72</td>
</tr>
</tbody>
</table>

Levels: • Beginner/Intermediate  • • Intermediate  *Co-ed = gender ratio required

See page 15 for participation info.
Stop by and play exciting team sports. You don’t need a team to play, and all skill levels are welcome. Visit our website for the most current schedule.

Not a member?
Purchase a 10-Visit Pass for access to drop-in sports. See page 15 for details.
• Expires 90 days from purchase date.
• Non-transferable. Some restrictions apply.

Drop-in Sports Schedule

<table>
<thead>
<tr>
<th>Sport</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>Sa</td>
<td>5:30-8:00 pm</td>
</tr>
<tr>
<td></td>
<td>M</td>
<td>7:30-9:30 am</td>
</tr>
<tr>
<td>Basketball</td>
<td>M</td>
<td>12:00-4:00 pm</td>
</tr>
<tr>
<td></td>
<td>Tu</td>
<td>3:15-6:00 pm</td>
</tr>
<tr>
<td></td>
<td>W</td>
<td>4:00-5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Th</td>
<td>12:00-4:00 pm</td>
</tr>
<tr>
<td></td>
<td>F</td>
<td>3:30-6:00 pm</td>
</tr>
<tr>
<td>Futsal (Indoor Soccer)</td>
<td>W, F</td>
<td>1:00-3:30 pm</td>
</tr>
<tr>
<td>Racquetball</td>
<td>M</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>Squash</td>
<td>Tu</td>
<td>6:45-9:00 pm</td>
</tr>
<tr>
<td>Touchtennis &amp; Pickleball</td>
<td>W</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sa</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>Volleyball</td>
<td>F</td>
<td>7:00-10:00 pm</td>
</tr>
</tbody>
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<td>Tu</td>
<td>8:00-10:00 am</td>
</tr>
<tr>
<td>Touchtennis &amp; Pickleball</td>
<td>Su</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>Volleyball</td>
<td>M</td>
<td>7:00-10:00 pm</td>
</tr>
</tbody>
</table>
sports clinics, lessons, and tournaments

**Boxing/Muay Thai Kickboxing**  
*Parnassus only*

Combine Boxing (Tuesday) and Muay Thai Kickboxing (Thursday) to constantly challenge your core strength and endurance. Improve confidence, get faster hands and feet, and learn self-defense techniques like punches, kicks, and knee and elbow strikes. Mixed levels.

*Andrew Moy is a Golden Gloves Champion, World Champion Silver Medalist, and certified licensed coach*

(14 classes; no class 11/23, 12/26)

Tu, Th 9/19-11/2 7:30-8:30 pm 0079.201
Tu, Th 11/7-12/28 7:30-8:30 pm 0079.202
$105/160  Studio 4

**JKA Shotokan Karate**  
*Mission Bay only*

This karate class combines intense aerobic and anaerobic exercises and is an ideal way to become and stay fit. Distinguished from other martial arts by its strong linear punches, blocks, and kicks, JKA Shotokan encourages physical and mental self-exploration. Mixed levels.

*Sensei Mervin Dixon has been an instructor since January 2000 and currently holds a rank of 5th Dan Black Belt*

(44 classes; no class 12/25)

M, W, F 9/18-12/29 0082.251
M 8:30-10:00 pm
W, F 7:30-9:00 pm
$210/258  Studio 2

squash and racquetball

**Squash and Racquetball Court Reservations**

*Parnassus 415.476.1115  Mission Bay 415.514.4545*

Members can also book online at fitness.ucsf.edu or with the UCSF Fitness & Recreation mobile app.

**free UCSF Squash Box League**

UCSF Box League is organized to engage the squash community. Boxes are refreshed monthly and each player completes four matches per month. Must be a US-Squash member. Not a member? Join for free at ussquash.com/create-an-account

For more info, e-mail sarina.tsoi@ucsf.edu

**Sports clubs**

**Golf Club at UCSF**

Become a member of the Northern California Golf Association and play monthly Bay Area tournaments March to October, including a two-day tournament near Monterey. Golf experience necessary.

For application, fee requirements, schedule, and more information, visit: ucsfgc.wix.com/ucsfgc

See page 15 for participation info.
youth aquatics

Be part of our long tradition of fun, education, and safety. We have coached children to swim and gain confidence in the water for more than 50 years. Our weekday and weekend lessons are designed to meet the needs of children with a wide range of abilities. Our instructors teach water safety and overall water skills that enable students to feel confident in the water.

Note: Weekday and weekend lessons differ in format and registration processes. See pages 29 and 30 for details.

Online registration for youth aquatics lessons starts:

October-December Weekday lessons and Kids Pre-Team: September 11
October-December Weekend lessons: October 12
tiny.ucsf.edu/ucsfaquatics

kids pre-team

Mission Bay only

This introduction to competitive swimming is designed for children who have graduated from the UCSF swim lessons program. Must be able to demonstrate front crawl and elementary backstroke for 50 yards; breaststroke, backstroke, and butterfly for 25 yards. The class explores and refines the four competitive strokes, flip turns, starts, and speed during each 60-minute session.

October
M 10/2-10/30 6:00-7:00 pm 1820.251
W 10/4-10/25 6:00-7:00 pm 1820.252
F 10/6-10/27 6:00-7:00 pm 1820.253

November (no class 11/20-11/24)
M 11/6-11/27 6:00-7:00 pm 1821.251
W 11/1-11/29 6:00-7:00 pm 1821.252
F 11/3-11/17 6:00-7:00 pm 1821.253

December (no class 12/25-12/29)
M 12/4-12/18 6:00-7:00 pm 1822.251
W 12/6-12/20 6:00-7:00 pm 1822.252
F 12/8-12/22 6:00-7:00 pm 1822.253
$30/35*

*Fees are per month. Registration is available on a quarterly schedule.
weekday lessons
Mission Bay only

On the first day of class, students are assessed and placed with others of the same skill level. Classes are held once a week with a total of five classes per session with a one-week break in between each session. Registration for weekday lessons are available on a quarterly basis.

Pre-School Lessons
Ages 3 to 5 years old

- No parent participation
- Little or no previous water experience
- Will learn basic aquatic skills, water safety, and simultaneous arm and leg actions on front and back

Children’s Swim Lessons
Ages 6 to 15 years old

Levels 1-2 Beginner (Guppy-Sea Turtle)
- Little or no previous water experience
- Will learn basic aquatic skills, water safety, and simultaneous arm and leg actions on front and back

Prerequisites:
- Able to swim using combined arm and leg actions at least 5 yards independently
- Able to float for 15 seconds on front and back
- Able to tread for 15 seconds

Levels 3-4 Intermediate (Angelfish-Seal)
Prerequisites:
- Able to swim using combined arm and leg actions at least 5 yards independently
- Able to float for 15 seconds on front and back
- Able to tread for 15 seconds

Levels 5-6 Advanced (Dolphin-Shark)
Prerequisites:
- Able to tread for 2 minutes
- Able to swim 25 yards of front crawl and 25 yards of elementary backstroke
- Able to swim 15 yards of breaststroke, 15 yards of backstroke, and 15 yards of sidestroke
- Able to swim 15 yards of butterfly

Pre-School
Session One (5 classes)
M 10/9-11/6 3:45-4:25 pm 1800.251
Tu 10/10-11/7 5:30-6:10 pm 1800.252
W 10/11-11/8 3:45-4:25 pm 1800.253
Th 10/12-11/9 5:30-6:10 pm 1800.254
$115/150 Mission Bay, Indoor Pool

Session Two (5 classes; no class 11/20-11/23)
M 11/13-12/18 3:45-4:25 pm 1800.255
Tu 11/14-12/19 5:30-6:10 pm 1800.256
W 11/15-12/20 3:45-4:25 pm 1800.257
Th 11/16-12/21 5:30-6:10 pm 1800.258
$115/150 Mission Bay, Indoor Pool

Levels 1-2
Session One (5 classes)
M 10/9-11/6 4:30-5:10 pm 1801.251
Tu 10/10-11/7 6:15-6:55 pm 1801.252
W 10/11-11/8 4:30-5:10 pm 1801.253
Th 10/12-11/9 6:15-6:55 pm 1801.254
$115/150 Mission Bay, Indoor Pool

Session Two (5 classes; no class 11/20-11/23)
M 11/13-12/18 4:30-5:10 pm 1801.255
Tu 11/14-12/19 6:15-6:55 pm 1801.256
W 11/15-12/20 4:30-5:10 pm 1801.257
Th 11/16-12/21 6:15-6:55 pm 1801.258
$115/150 Mission Bay, Indoor Pool

Levels 3-4
Session One (5 classes)
M 10/9-11/6 3:45-4:25 pm 1802.251
Tu 10/10-11/7 5:30-6:10 pm 1802.252
W 10/11-11/8 3:45-4:25 pm 1802.253
Th 10/12-11/9 5:30-6:10 pm 1802.254
$115/150 Mission Bay, Indoor Pool

Session Two (5 classes; no class 11/20-11/23)
M 11/13-12/18 3:45-4:25 pm 1802.255
Tu 11/14-12/19 5:30-6:10 pm 1802.256
W 11/15-12/20 3:45-4:25 pm 1802.257
Th 11/16-12/21 5:30-6:10 pm 1802.258
$115/150 Mission Bay, Indoor Pool

See page 15 for participation info.
Youth Aquatics

**weekday lessons** (continued)

*Mission Bay only*

**Levels 5-6**

Session One (5 classes)
- M 10/9-11/6 4:30-5:10 pm 1803.251
- Tu 10/10-11/7 6:15-6:55 pm 1803.252
- W 10/11-11/8 4:30-5:10 pm 1803.253
- Th 10/12-11/9 6:15-6:55 pm 1803.254
- $115/150 Mission Bay, Indoor Pool

Session Two (5 classes; no class 11/20-11/23)
- M 11/13-12/18 4:30-5:10 pm 1803.255
- Tu 11/14-12/19 6:15-6:55 pm 1803.256
- W 11/15-12/20 4:30-5:10 pm 1803.257
- Th 11/16-12/21 6:15-6:55 pm 1803.258
- $115/150 Mission Bay, Indoor Pool

Due to holidays, trainings, and pool maintenance, no classes take place on the following dates: 10/2-10/6, 11/20-11/23, and 12/25-12/29

**weekend lessons**

View weekend lesson schedule and level descriptions at: tiny.ucsf.edu/ucsfaquatics

Current participants receive priority registration on weekend lessons.

**Parent and Child Lessons**

*(parent participation required)*

**Parent and Child A**

Ages 6 months to 2 years
- Little or no previous water experience

**Parent and Child B**

Ages 18 months to 3 years
- Have completed two or more previous sessions, or
- Submerge reluctantly/not at all, or
- Require flotation support at all times, or
- Benefit from parental presence and support

**Pre-School Lessons**

Ages 3 to 5 years old
*(no parent participation)*

- Starfish
- Seahorse
- Frog

**Children’s Swim Lessons**

Ages 6 to 15 years old
*(no parent participation)*

- Guppy (Level 1)
- Sea Turtle (Level 2)
- AngelFish (Level 3)
- Seal (Level 4)
- Dolphin (Level 5)
- Shark (Level 6)
Youth Programs

Youth Programs

Tae Kwon Do
Growing self-esteem, confidence, and physical conditioning with this dynamic martial art known for its powerful and exciting kicks and kicking techniques. A white uniform is required and may be purchased from the instructor for $35. (10 classes; no class 11/25)
Steve Rogers, 5th Degree Black Belt and Steve Rogers Jr., 5th Degree Black Belt; e-mail: steve.rogers13@gmail.com

ages 6-12 years
Sa 10/7-12/16 10:35 am-12:15 pm 2910.201
Sa 10/7-12/16 3:00-4:30 pm 2910.202
$145/195 Parnassus Studio 1
Sa 10/7-12/16 3:00-4:30 pm 2910.251
$145/195 Mission Bay Studio 1

ages 13 years up
Sa 10/7-12/16 1:00-2:30 pm 2910.203
$145/195 Parnassus Studio 1

Advanced Tae Kwon Do Workout
Parnassus only
ages 8-17 years
Kids and teens refine their skills and prepare for their next tournament. Open to red, brown, and black belts.
Steve Rogers, 5th Degree Black Belt

Su 10/22 4:00-5:30 pm 2911.201
Su 11/19 4:00-5:30 pm 2911.202
Su 12/17 4:00-5:30 pm 2911.203
$20/25 Studio 1
Big fun. Tiny price.

For $74, UCSF students get the pass to unlimited trips, classes, and sports. Purchase at the Fitness Center Service Desk.
More info? Call 415.476.2078 | tiny.ucsf.edu/RecPassUCSF

UCSF PhysFit Physical Therapy
Health & Wellness Center at Mission Bay
Promoting fitness, endurance, flexibility, strength, balance, and more.

Stand Tall–Integrated Posture and Strength Training
Physical therapist-designed and research-supported classes that address the effects of time and gravity. Improve posture and bone health while strengthening back and core muscles for a younger and better-feeling you.

Other Physical Therapy Programs:
- Individual 1:1 Physical Therapy
- Strength after Breast Cancer
- Exercise After Stroke
- Alter: Anti-Gravity Treadmill
- Sport Performance
- RunFit
- Vasper: Core-cooled Exercise
- High Intensity: Parkinson’s Support
- BalanceFit

Contact us: 415.514.4816 | Open Tu, Th, F | wellness@ptrehab.ucsf.edu