fitness & recreation

january-march 2018

Tone All Over
Dive into a water workout

Toss Your Scale
A better way to measure results

Choose Your Fit Path
Find the right Group X class for you

UCSF Fitness & Recreation
Campus Life Services
what’s inside

Winter Favorites ............................ 5-7
Meet Our Community ......................... 8-9
Group X Highlights ........................... 11-13
How to Participate in Group X ............. 14
How to Participate in Programs .......... 15
Winter Programs .............................. 16-31

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
New Beginnings

No matter your fitness level, the new year often brings a familiar feeling of longing for transformation – in your life, and your body.

Kick off your 2018 transformation, with InBody, a new body composition test that measures muscle mass and body fat in minutes. These two components are more important than weight when it comes to tracking progress and measuring results at the gym. Schedule your assessment today. Let the results guide your goal setting this new year. (See page 5 for details.)

Need more inspiration? Try a new Group X class. 45-minute intro classes are scheduled throughout January.

Find what you love, add it to your fitness routine, and start your new beginning toward a healthier, happier life this year.

Gail Mametsuka
Director, Fitness & Recreation
Happy birthday to us!

Join Fitness & Recreation as we celebrate throughout 2018!

Special member events and activities are planned during the year.

Look for details in our member newsletter and in the fitness centers.
You have the power to change

Body composition metrics – like body fat and lean muscle mass – are more important than weight when it comes to overall health.

*It’s quick, easy, and highly accurate. Find out what you’re made of.*

Single test $35/45

3-pack $90/115

5-pack $125/160

*Includes consultation with a personal trainer to interpret results and receive recommendations.*

FOR MORE INFORMATION, CONTACT: 415.502.4398 or angela.rossi@ucsf.edu
**Workouts we love: Swimming**

For an invigorating, tone-all-over workout that’s easy on your joints, dive into the pool. Goggles and a swim cap are the only equipment you’ll need.

(\textit{pg 21})

<table>
<thead>
<tr>
<th>Intensity Level</th>
<th>Program</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-moderate</td>
<td>Adult Swim Classes</td>
<td>Learn how to swim better, understand the basics of a variety of strokes, and improve your water safety skills.</td>
</tr>
<tr>
<td>Moderate</td>
<td>Pre-Masters Swim Team</td>
<td>Boost your cardiovascular fitness, strength, and flexibility. Hands-on coaching includes interval training and stroke technique.</td>
</tr>
<tr>
<td>High</td>
<td>Masters Swim Team</td>
<td>A fantastic cardio workout led by our professional coaching staff. Hands-on coaching provides stroke technique and endurance training to surpass your fitness goals.</td>
</tr>
</tbody>
</table>
Winter Favorites

New Year. New triumphs.

New Body Composition Analysis
Measure your body fat and muscle mass in minutes! InBody body composition testing is now available at the fitness centers. With a purchase of a 5-pack, this simple, highly accurate test keeps you engaged by easily tracking your monthly progress.

(pg 5)

Women on Weights
Sculpt and tone your entire body with resistance training. This small group workout of five participants offers benefits similar to personal training, along with group motivation.

(pg 23)

Recreational Sports Leagues
Get out of your comfort zone and up your game. Join a basketball, volleyball, or futsal league. Be part of spirited competition against other teams and make new friends.

(pg 25)
Steve Peletz has a unique hobby. He likes to swim with sharks, humpback whales, and other denizens of the deep.

“As an undergrad at UC Berkeley I worked as a dive instructor,” Steve said. “I’ve done thousands of dives, and now I enjoy helping researchers tag sharks and whales, while also photographing the animals underwater.”

Swimming underwater at depths of up to 120 feet can be a challenge, but it’s more difficult when you are carrying an 11-pound camera.

“You need to be fit and well trained,” Steve said. “It’s one reason I like working out regularly.”

Three to five times a week, you can find Steve working out at Millberry. He lifts weights, takes a variety of fitness classes, and even swims with the fins and snorkel he uses on his dives.

“I live on 4th Avenue, so it’s an easy walk to the fitness center,” he said. “I’ve been working out here for 15 years.”

Peletz usually arrives at the gym around 6:15 am. “I build it into my schedule and usually see the same people working out every morning. The people are friendly, and you get to know each other. It’s really a big part of my life.”
Recovery in Water

When Lindsey Jones was hit by a car while riding her bike in 2015 during her first year of graduate school at UC San Francisco, her life changed dramatically.

“I learned that an underlying injury from when I was younger was exacerbated by the bicycle accident and that I would need a spinal fusion,” she said. “It was very scary, that at the age of 25, I needed major back surgery.”

In March of 2016, Lindsey had the surgery. She took six weeks off and during that time began swimming. Lindsey said she chose swimming because it was low impact and would help build strength in her back.

She started swimming on her own and eventually signed up for the Pre-Masters Fitness Swim class. Simply talking about it brings a smile to her face. “I wanted to actually learn how to swim for exercise,” she said. “I had taken swimming lessons as a kid but it wasn’t something I did in earnest. I wanted to make sure I was doing the strokes properly and I wasn’t hurting myself.”

She learned through the Pre-Masters Fitness class that there was a way to structure swim workouts. “I realized that having someone facilitate my workout and teach me how to swim better and help me focus on different things like endurance and speed, it was really motivating to see progress every week.”

For anyone considering taking up swimming as a regular form of exercise, Lindsey says “go for it!” You can swim with many different goals in mind and you can structure your workout to meet your goals.

For details on the next Pre-Masters Fitness Swim class, see page 17.

“I wanted to actually learn how to swim for exercise.”

Lindsey Jones
Premier Member
Refer a friend
Get $25

Earn $25 for each referral that becomes a new member.*

* Certain restrictions may apply.

Start earning today!
For details, see Member Services fitness.ucsf.edu
Ultimate strength workouts for killer results

**Athletic Conditioning** Achieve powerful results fast with this high intensity workout. Get ready for non-stop action with the ultimate cardio and strength challenge.

**CXWORX™** This 30-minute workout is ideal for tightening your abs and glutes, while also improving functional strength and assisting in injury prevention. *Parnassus only.*

**Senior Weight Training** Resistance exercises using bands, balls, and weights, and full body movements designed to build muscle and increase bone density.

**P90X® LIVE** Keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning, and core work to get ripped like never before.

See page 14 for participation info.
zumbathon

Sunday
February 25
10:00-11:30 am
Bakar Fitness Center Gymnasium

Feel the joy and positive energy that fills the room. Join us for a 90-minute dance party led by our Zumba team. You won’t stop smiling!

free to premier members

tiny.ucsf.edu/groupxevents
**Group X Intro Classes**

Take the first step in 45-minute intro classes and experience what it feels like to master the moves. Learn proper form, exercise technique, and how to set yourself up for success in three of our most popular classes! Dates and times will be posted soon.

**PiYo® LIVE** Get to know Pilates and yoga moves that will stretch and strengthen your body.

**Spinning®** Gear up for the benefits of intervals, endurance, and strength training.

**BODYPUMP™** Get the hang of adjusting weights to maximize fat burn and build strong muscle.

See page 14 for participation info.
Participate in Group X

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**
Check in at the Service Desk and pick up an entry card prior to and up to 5 minutes after scheduled class start time. Five minutes after scheduled class start time, reserved spaces will be given to standby participants. For safety reasons, classes close 10 minutes after classes begin.

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

---

**Group X Class Reservations and Cancellations**
Mission Bay: 415.514.4545
Parnassus: 415.476.1115
Premier members: xpiron.com/schedule/ucsf
Participate in Programs

Program Registration
Open to everyone, including non-members and the general public. Register in-person or at fitness.ucsf.edu.

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)

Winter Registration
Start Dates
Premier Members and UCSF Students: December 10
General Registration: December 11

Cancellations
Register early—classes are subject to cancellation without minimum participation. If a class is cancelled, you will be notified for a full refund 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.

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  1/8-1/31  8:30-9:15 pm  1000.301
$135/195  Parnassus
M, W  1/8-1/31  8:00-8:45 pm  1000.351
$135/195  Mission Bay, Indoor Pool

**Session Two (8 classes)**
M, W  2/5-2/28  8:30-9:15 pm  1000.302
$135/195  Parnassus
M, W  2/5-2/28  8:00-8:45 pm  1000.352
$135/195  Mission Bay, Indoor Pool

**Session Three (8 classes)**
M, W  3/5-3/28  8:30-9:15 pm  1000.303
$135/195  Parnassus
M, W  3/5-3/28  8:00-8:45 pm  1000.353
$135/195  Mission Bay, Indoor Pool

**Weekend Lessons**

**Session One (8 classes)**
Sa  1/6-2/24  2:15-3:00 pm  1000.354
$135/195  Mission Bay, Indoor Pool

Aquatics: 415.514.4837 | aquatics@ucsf.edu
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 1/8-1/31 7:30-8:30 pm 1010.301
$135/195 Parnassus
M, W 1/8-1/31 7:00-8:00 pm 1010.351
$135/195 Mission Bay, Indoor Pool
Tu, Th 1/9-2/1 7:00-8:00 am 1010.354
$135/195 Mission Bay, Outdoor Pool

Session Two (8 classes)
M, W 2/5-2/28 7:30-8:30 pm 1010.302
$135/195 Parnassus
M, W 2/5-2/28 7:00-8:00 pm 1010.352
$135/195 Mission Bay, Indoor Pool
Tu, Th 2/6-3/1 7:00-8:00 am 1010.355
$135/195 Mission Bay, Outdoor Pool

Session Three (8 classes)
M, W 3/5-3/28 7:30-8:30 pm 1010.303
$135/195 Parnassus
M, W 3/5-3/28 7:00-8:00 pm 1010.353
$135/195 Mission Bay, Indoor Pool
Tu, Th 3/6-3/29 7:00-8:00 am 1010.356
$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 challenge yourself.

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.
**kayaking**

**Sausalito Houseboat Kayak Trip**

Come face-to-face with Sausalito’s diverse coastal wildlife, as you paddle by historic houseboats. No experience necessary.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 1/20</td>
<td>10:00 am-12:30 pm</td>
<td>9206.301</td>
<td>Sausalito</td>
</tr>
<tr>
<td>Sa 2/2</td>
<td>10:00 am-12:30 pm</td>
<td>9206.302</td>
<td>Sausalito</td>
</tr>
<tr>
<td>Su 2/11</td>
<td>10:00 am-12:30 pm</td>
<td>9206.303</td>
<td>Sausalito</td>
</tr>
<tr>
<td>Sa 3/3</td>
<td>10:00 am-12:30 pm</td>
<td>9206.304</td>
<td>Sausalito</td>
</tr>
<tr>
<td>$49/64</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Angel Island Overnight Kayak Trip**

Experience Angel Island overnight. Paddle to and from the island, 3 miles each way. Join a morning hike to one of the most stunning beaches. Kayak experience recommended. Guide, camping gear, kayak and food included.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa-Su 3/17-3/18</td>
<td>9:00 am Sa-11:00 am Su</td>
<td>9209.301</td>
<td></td>
</tr>
<tr>
<td>Th 3/15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$140/200</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**backpacking, camping, and hiking**

*Note: Transportation to location not included.*

**Mount Tam Waterfalls Day Hike**

A 6-mile round-trip hike among the redwoods of Mt. Tam. Take in the rush of the Cataract Trail waterfalls. Meet-up at Rock Springs parking lot. Food not included.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 3/3</td>
<td>11:00 am-5:00 pm</td>
<td>9123.301</td>
<td>Mount Tam</td>
</tr>
<tr>
<td>$10/15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tomales Point and Tule Elk Hike**

Between the ocean and Tomales Bay, hike the ridge to the ends of the Point Reyes peninsula. 11 miles round trip. Meet at Pierce Point Ranch parking lot. Food not included.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Su 3/4</td>
<td>10:00 am-5:00 pm</td>
<td>9124.301</td>
<td>Point Reyes</td>
</tr>
<tr>
<td>$10/15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Point Reies Coast Camp Backpacking Trip**

A short 3-mile flat hike leads to a beachside campsite in Pt. Reyes. Explore Sculptured Beach at low tide and camp out under the moon! Guides, permits, all camping gear and food provided. Transportation and lunch Saturday not included.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa-Su 2/17-2/18</td>
<td>9:00 am Sa-11:00 am Su</td>
<td>9108.303</td>
<td></td>
</tr>
<tr>
<td>Th 2/15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$140/200</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Full Moon Point Reies Sky Camp Backpacking Trip**

Great for beginners, a moderate 1.4-mile uphill hike to Sky Camp. Enjoy sweeping view of Point Reyes, Drakes Bay, and the Pacific Ocean.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa-Su 2/3-2/4</td>
<td>9:00 am Sa-11:00 am Su</td>
<td>9108.301</td>
<td></td>
</tr>
<tr>
<td>Th 2/1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$140/200</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Point Reies Wildcat Camp/Alamere Falls Backpacking Trip**

13-mile round-trip hike along the coast trail to Alamere Falls, which pours over the bluff onto the beach below. Opportunity to see gray whales on their migration along the California coast. Lunch not included.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa-Su 2/10-2/11</td>
<td>9:00 am Sa-11:00 am Su</td>
<td>9108.302</td>
<td></td>
</tr>
<tr>
<td>Th 2/8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$140/200</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Outdoor Programs: 415.476.2078 | outdoors@ucsf.edu
Angel Island East Side Backpacking Trip (Sunrise View)
Ferry to the island and hike 2 miles to camp on the east side. Enjoy an evening hike to the top of the island for a stunning view of the entire Bay Area. Guides, permits, all camping gear, and food (no lunch on Saturday or Sunday) provided.

Sa-Su 2/17-2/18 9:00 am Sa-11:00 am Su
Th 2/15 Pre-trip Meeting
$140/200 9109.301

Angel Island West Side Backpacking Trip (Sunset/SF Skyline View)
Ferry to the island and hike 2 miles to camp on the west side. Stop at Perle’s Beach before heading up to our campsite. Guides, permits, all camping gear and food (no lunch on Saturday or Sunday) provided.

Sa-Su 3/10-3/11 9:00 am Sa-11:00 am Su
W 3/7 Pre-trip Meeting
$140/200 9109.302

Mount Diablo Camping Trip
Take in Mt. Diablo’s incredible views—the Sierras, Mt. Shasta, and the entire San Francisco Bay—after a challenging, 7-mile, day hike. Experience a stunning sunrise from the summit. Guides, permits, all camping gear and food provided. Transportation not included.

Sa-Su 2/17-2/18 9:00 am Sa-11:00 am Su
Th 2/15 Pre-trip Meeting
$140/200 9110.301

Stinson Beach Steep Ravine Cabin and Camping
Located on a bluff overlooking Stinson Beach, share a cabin and a campsite. Food included.

W-Th 2/7-8 11:00 am W-1:00 pm Th 9103.301
M-Tu 3/5-6 11:00 am M-1:00 pm Tu 9103.302
Tu-W 3/6-7 11:00 am Tu-1:00 pm W 9103.303
W-Th 3/7-8 11:00 am W-1:00 pm Th 9103.304
$132/160 Steep Ravine

Big Basin Camping Trip
California’s oldest State Park and home to the largest continuous stand of Ancient Coast Redwoods south of San Francisco, Big Basin is speckled with waterfalls, lush redwood canyons, chaparral covered slopes, meadows and stunning views. Be prepared for two days of strenuous hiking that includes a 12-mile hike to Berry Falls on Saturday and a morning hike Sunday through old growth redwoods and tanoak forests. All camping gear, guides, and food provided.

F-Su 3/9-3/11 9:00 am F-11:00 am Su
Th 3/8 Pre-trip Meeting
$225/300 9111.301

See page 15 for participation info.
Pinnacles Camping Trip
This gem of the national park system comes with stunning views, amazing rock formations, carpets of wildflowers, and even a bat cave! Hike approximately 10 miles a day through rocky terrain. Camping gear and food is provided on this car-camping adventure. Dinner Friday night not included.
F-Su 3/23-3/25 9:00 am F-11:00 am Su Th 3/22 Pre-trip Meeting $225/300 9112.301

Big Sur Coast Camping and Whale Watching
The best campground to view the annual gray whale migration! Set up camp right next to the beach. All food and camping gear included.
F-Su 3/16-3/18 11:00 am F-4:00 pm Su Th 3/15 Pre-trip Meeting $225/300 9102.301
Sa-M 4/14-16 11:00 am Sa-4:00 pm M F 4/13 Pre-trip Meeting $225/300 9102.302

Yosemite Waterfalls Weekend
Camp in style. Get ready for a 6-mile hike up the Mist Trail past Vernal and Nevada Falls. Catch the rainbow at Yosemite Falls before heading home on Sunday. All camping gear, guides and food provided.
F-Su 4/27-29 11:00 am F-4:00 pm Su Th 4/26 Pre-trip Meeting $290/360 9101.301

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 at least 15 years old.

Climbing wall closed for the winter. We look forward to seeing you in the spring.

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.

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>
<thead>
<tr>
<th></th>
<th>Students</th>
<th>Members</th>
<th>UCSF Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weekend &amp; holiday Dec-Mar</strong></td>
<td>$495</td>
<td>$550</td>
<td>$605</td>
</tr>
<tr>
<td><strong>Midweek Dec-Feb</strong></td>
<td>$375</td>
<td>$429</td>
<td>$465</td>
</tr>
<tr>
<td><strong>Weekend April</strong></td>
<td>$300</td>
<td>$345</td>
<td>$395</td>
</tr>
<tr>
<td><strong>Midweek Mar-Apr</strong></td>
<td>$250</td>
<td>$300</td>
<td>$325</td>
</tr>
</tbody>
</table>

**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

See page 15 for participation info.
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
Pilates 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

Pilates Reformer Plus
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

Women on Weights
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. Purchase the Power Pass to participate.

Certified Personal Trainer Lorna Bernardo

Pilates & Power Pass
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.

Power Pass
Mission Bay only

The Power Pass offers access to small group (4-6 participants) workout classes: Pilates Reformer Plus and Women on Weights.

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.

See page 15 for participation info.
Fitness Assessments

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

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

new InBody Body Composition Analysis
Measure your body fat and muscle mass in minutes!

It’s quick, easy, and highly accurate. Find out what you’re made of, set goals to target the areas of your body that need work, and start tracking your progress month after month.

*Includes consultation with a personal trainer to better understand your results.*

Schedule your InBody assessment today. Call 415.502.4398 or e-mail angela.rossi@ucsf.edu

<table>
<thead>
<tr>
<th></th>
<th>Single test:</th>
<th>3-pack:</th>
<th>5-pack:</th>
</tr>
</thead>
<tbody>
<tr>
<td>New</td>
<td>$32/42</td>
<td>$290/365</td>
<td>$520/650</td>
</tr>
</tbody>
</table>
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.

winter 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: December 6 – December 17
Non-Members: December 8 – December 17

League registration entry forms are due by 8:00 pm, Sunday, December 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, 1/8-3/5</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5 (Student Only) •</td>
<td>Tu, 1/9-3/6</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5 •</td>
<td>Th, 1/11-3/8</td>
<td>$64/83</td>
</tr>
<tr>
<td>**Futsal: 6-on-6 •</td>
<td>Su, 1/7-3/18</td>
<td>$56/72</td>
</tr>
<tr>
<td>*Volleyball: 6-on-6 (Co-ed) • •</td>
<td>W, 1/10-3/7</td>
<td>$56/72</td>
</tr>
</tbody>
</table>

Mission Bay 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>Tu, 1/9-3/6</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5 •</td>
<td>W, 1/10-3/7</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5 • •</td>
<td>W, 1/10-3/7</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: 5-on-5 • •</td>
<td>Th, 1/11-3/8</td>
<td>$64/83</td>
</tr>
<tr>
<td>Basketball: Women’s 5-on-5 • •</td>
<td>Th, 1/11-3/8</td>
<td>$64/83</td>
</tr>
<tr>
<td>*Volleyball: 6-on-6 (co-ed) • •</td>
<td>M, 1/8-3/5</td>
<td>$56/72</td>
</tr>
</tbody>
</table>

Levels: • Beginner/Intermediate • • Intermediate *Co-ed = gender ratio required **No game 2/18

See page 15 for participation info.
drop-in sports

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>Parnassus</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</td>
<td>W, F</td>
<td>1:00–3:30 pm</td>
</tr>
<tr>
<td>(Indoor Soccer)</td>
<td></td>
<td></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>
</table>

<table>
<thead>
<tr>
<th>Mission Bay</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>F</td>
<td>7:00–10:00 pm</td>
</tr>
<tr>
<td>Basketball</td>
<td>M</td>
<td>4:00–7:00 pm</td>
</tr>
<tr>
<td></td>
<td>F</td>
<td>4:00–10:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sa</td>
<td>3:00–8:00 pm</td>
</tr>
<tr>
<td>Futsal</td>
<td>Tu, Th, F</td>
<td>1:00–2:30 pm</td>
</tr>
<tr>
<td>(Indoor Soccer)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>W</td>
<td>6:00–7:30 pm</td>
</tr>
<tr>
<td></td>
<td>Sa</td>
<td>11:00 am–12:30 pm</td>
</tr>
<tr>
<td>Racquetball</td>
<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>
Recreational Sports

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)

Tu, Th 1/2-2/15 0079.301
Tu 7:00-8:30 pm
Th 7:30-8:30 pm
$105/160 Studio 4

Tu, Th 2/20-4/5 0079.302
Tu 7:00-8:30 pm
Th 7:30-8:30 pm
$105/160 Studio 4

New! Muay Thai Kickboxing

Mission Bay only

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.

Rick Garcia has been a competitive boxer since 1989 and a professional kickboxing trainer since 2013

(7 classes)

Tu 1/2-2/13 8:30-9:30 pm 0078.351
$67/92 Studio 2

Tu 2/20-4/3 8:30-9:30 pm 0078.352
$67/92 Studio 2

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 2/19)

M, W, F 1/3-4/13 0082.351
M 8:30-10:00 pm
F 7:30-9:00 pm
$210/258 Studio 2

Squash and Racquetball

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 60 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:
January-March Weekday lessons and Kids Pre-Team: December 11
January-March Weekend lessons: December 21
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.

January
M 1/8-1/29 6:00-7:00 pm 1820.351
W 1/3-1/31 6:00-7:00 pm 1820.352
F 1/5-1/26 6:00-7:00 pm 1820.353

February
M 2/5-2/26 6:00-7:00 pm 1820.354
W 2/7-2/28 6:00-7:00 pm 1820.355
F 2/2-2/23 6:00-7:00 pm 1820.356

March
M 3/5-3/26 6:00-7:00 pm 1820.357
W 3/7-3/28 6:00-7:00 pm 1820.358
F 3/2-3/30 6:00-7:00 pm 1820.359
$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

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; no class 1/15-1/18)
M 1/8-2/12  3:45-4:25 pm  1800.351
Tu 1/9-2/13  5:30-6:10 pm  1800.352
W 1/10-2/14  3:45-4:25 pm  1800.353
Th 1/11-2/15  5:30-6:10 pm  1800.354
$115/150  Mission Bay, Indoor Pool

Session Two (5 classes)
M 2/26-3/26  3:45-4:25 pm  1800.355
Tu 2/27-3/27  5:30-6:10 pm  1800.356
W 2/28-3/28  3:45-4:25 pm  1800.357
Th 2/29-3/29  5:30-6:10 pm  1800.358
$115/150  Mission Bay, Indoor Pool

Levels 1-2
Session One (5 classes; no class 1/15-1/18)
M 1/8-2/12  4:30-5:10 pm  1801.351
Tu 1/9-2/13  6:15-6:55 pm  1801.352
W 1/10-2/14  4:30-5:10 pm  1801.353
Th 1/11-2/15  6:15-6:55 pm  1801.354
$115/150  Mission Bay, Indoor Pool

Session Two (5 classes)
M 2/26-3/26  4:30-5:10 pm  1801.355
Tu 2/27-3/27  6:15-6:55 pm  1801.356
W 2/28-3/28  4:30-5:10 pm  1801.357
Th 2/29-3/29  6:15-6:55 pm  1801.358
$115/150  Mission Bay, Indoor Pool

Levels 3-4
Session One (5 classes; no class 1/15-1/18)
M 1/8-2/12  3:45-4:25 pm  1802.351
Tu 1/9-2/13  5:30-6:10 pm  1802.352
W 1/10-2/14  3:45-4:25 pm  1802.353
Th 1/11-2/15  5:30-6:10 pm  1802.354
$115/150  Mission Bay, Indoor Pool

Session Two (5 classes)
M 2/26-3/26  3:45-4:25 pm  1802.355
Tu 2/27-3/27  5:30-6:10 pm  1802.356
W 2/28-3/28  3:45-4:25 pm  1802.357
Th 2/29-3/29  5:30-6:10 pm  1802.358
$115/150  Mission Bay, Indoor Pool

See page 15 for participation info.
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

(a) Parent and Child A
   Ages 6 months to 2 years
   • Little or no previous water experience

(b) 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)

(a) Starfish
   Ages 3 to 5 years old
   (no parent participation)

(b) Seahorse
   Ages 3 to 5 years old
   (no parent participation)

(c) Frog
   Ages 3 to 5 years old
   (no parent participation)

Children’s Swim Lessons

Ages 6 to 15 years old
(no parent participation)

(a) Guppy (Level 1)
   Ages 6 to 15 years old
   (no parent participation)

(b) Sea Turtle (Level 2)
   Ages 6 to 15 years old
   (no parent participation)

(c) Angelfish (Level 3)
   Ages 6 to 15 years old
   (no parent participation)

(d) Seal (Level 4)
   Ages 6 to 15 years old
   (no parent participation)

(e) Dolphin (Level 5)
   Ages 6 to 15 years old
   (no parent participation)

(f) Shark (Level 6)
   Ages 6 to 15 years old
   (no parent participation)
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. (11 classes; no class 2/17)

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 1/6-3/24 10:35 am-12:15 pm 2910.301
Sa 1/6-3/24 3:00-4:30 pm 2910.302
$145/195 Parnassus Studio 1
Sa 1/6-3/24 3:00-4:30 pm 2910.351
$145/195 Mission Bay Studio 1

ages 13 years up
Sa 1/6-3/24 1:00-2:30 pm 2910.303
$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 1/14 4:00-5:30 pm 2911.301
Su 2/11 4:00-5:30 pm 2911.302
Su 3/11 4:00-5:30 pm 2911.303
$20/25 Studio 1

Youth Programs: 415.514.4594 | recreational.sports@ucsf.edu
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**