

EXPLORE FALL CLASSES

Click a class name to view offerings and register.

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DANCE

UCI students & other ARC members. Classes meet in the Physical Forum.

Commercial Dance	Mon 6:30-7:20pm	9/28-11/30	\$60
Belly Dance	Tue 7:30-8:50pm	9/29-12/1	\$65
Salsa	Fri 5:30-7pm	10/2-12/4	\$65

MARTIAL ARTS & BOXING

UCI students & other ARC members. Sports Studio, except laido; see registration for location.

Brazilian Jiu-Jitsu	Tue/Thu 4:30-6:30pm	9/29-12/3	\$75
laido (Japanese sword)	Fri 7-9:30pm	10/2-12/4	\$60
Japanese Karate	Tue/Thu 6:30-7:50pm	9/29-12/3	\$60
Kickboxing	Tue/Thu 7:30-8:30am	9/29-12/3	\$60
Muay Thai	Mon/Wed 7:30-8:30am	9/28-12/2	\$75
Real-World Self-Defense	Mon/Wed 7-8:50pm	9/28-12/2	\$75
Boxing (beginning)	Wed 5:30-6:50pm	9/30-12/2	\$50

PICKLEBALL & SWIMMING

Pickleball open to everyone. Swim: UCI students & other ARC members only.

Pickleball: beginner	Tue/Thu 5-5:50pm	9/29-11/19	\$80-\$100
Pickleball: intermediate	Tue/Thu 6-6:50pm	9/29-11/19	\$80-\$100
Swim: beginner	Mon/Wed 6-6:45pm	9/28-11/4	\$50
Swim: beginner	Tue/Thu 5:15-6pm	9/29-11/5	\$50
Swim: intermediate	Mon/Wed 4-5:50pm	9/28-11/4	\$50
Swim: advanced	Tue/Thu 4:15-5pm	9/29-11/5	\$50

MORE WAYS TO SPEND YOUR FALL

Click a class name, choose your offering and register.



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GROUP FITNESS

Fall schedule: 9/21-12/12

Student quarterly passes: Group X \$40; F45 \$50;
All Access \$85.

[Group fitness schedule & reservations](#)

Yoga, Pilates, Zumba, Dance N Vibe, Power Dance, Strength Sets, Studio Cycling, Yogalates, Camp Cardio and F45.

[Buy a fitness pass](#)

Choose the pass that covers your preferred classes.

COOKING & PICK UP

Cooking workshops: Fridays, 5-8:30pm.

Per class: \$20 student / \$35 ARC member / \$50 community.

[Fall cooking workshops](#)

10/16 - Ghoulish Gourmet

11/20 - Autumns Golden Glow

12/11 - Cold Weather Cookery

[Soup of the Month Club](#)

Take home 2 quarts of soup, artisan bread and six cookies.

Pickup: 10/5, 11/9 or 12/7, 11am-3pm, ARC Kitchen.

Price per Pick Up: \$30 student / \$45 ARC member / \$50 community.

CLIMBING

[Climbing 101 | \\$50](#)

Wed 6-7pm | 9/30-12/2

A quarter of climbing skills and practice. No class 11/25.

[Climb 1 | \\$15 per two-class session](#)

Learn belay safety; equipment and shoes included.

Thu 10/1 & 10/8, 6-8pm

Tue 10/13 & 10/20, 6-8pm

Wed 10/28 & 11/4, 7-9pm

Tue 11/10 & 11/17, 6-8pm

Climbing classes: UCI students & ARC members.

OUTDOOR ADVENTURES

Trips are open to everyone. Transportation from the ARC is included for the listed hikes and camping trip.

[Day hikes](#)

Tahquitz Peak | 10/10, 7am-9pm | \$18-\$24

Bolsa Chica | 10/11, 8am-noon | \$8-\$12

Sitton Peak | 10/17, 7am-7pm | \$18-\$24

Veterans Day hike | 11/11, 8am-3pm
\$18-\$24

KAYAK & STAND-UP PADDLEBOARD

Open to everyone. Transportation is NOT provided to Shellmaker Island in Newport Beach.

[Sunset Kayak | \\$24-\\$30](#)

10/3 or 10/11, 3-5pm

11/14, 1:30-3:30pm

[Full Moon Kayak | \\$24-\\$30](#)

10/25, 7-9pm

11/20, 5-7pm

[Stand-Up Paddleboarding | \\$14-\\$19](#)

10/3 or 10/11, 5:30-6:30pm

11/14, 4-5pm