



# NON-CREDIT INSTRUCTIONAL CLASSES

Take a look at the instructional classes offered through Campus Recreation, taught by certified trainers who are focused on teaching you how to be fit and more educated in your health and body.

## MAVERICK BOOT CAMP

An intense, exciting 1 hour workout sure to get your heart racing and your muscles burning! Join us to get lean, strong, and have great fun doing it. Each session will meet twice per week for 4 weeks.

**When:** M/W, 6:30am-7:30am; 10/11 - 10/24

**Where:** MAC West Lawn  
(Rain/indoor location: MAC 133)

**Class Price:** \$50.00 per session

---

## JIU JITSU

This class will teach the art of Brazilian jiu-jitsu as popularized in the UFC. We will be teaching techniques, as well as live grappling in both the Gi (traditional martial arts uniform) and No-Gi (shorts and shirt) format. Males and females of all skill levels are welcome. Come learn one of the most dynamic and effective martial arts in a comfortable and welcoming atmosphere with a national and international competitor. This class will meet 3 times per week (M/W/F) for 90 minutes for 16 weeks. A minimum of 10 participants is required for the class to make and a maximum of 40 can sign up.

**When:** M/W/F, 12:30pm - 2pm; 8/27 - 12/14

**Where:** MAC, Room 133  
**Instructor:** Paul McDonough

**Class Price:** \$300.00

---

## CPR/AED

What: This four hour class, through the American Heart Association covers first aid basics, medical emergencies, injury emergencies, environmental emergencies, adult CPR and AED use. Participants who successfully complete the class will receive an American Heart Association certification card valid for two years. Maximum of 6 participants per class.

**When:** F, 1pm - 5pm; 9/21, 10/19, 11/9, 11/30

**Where:** MAC 102B  
**Instructor:** Asha Mata, Drew Barfield, Blair Schuyler

**Class Price:** \$40.00

---

## WOMEN ON WEIGHTS: Strength Training

If you are ready to start strength training, don't miss this course. Learn proper lifting techniques, basic exercises for each muscle group, human anatomy as it relates to your workout goals, and how to structure our workouts to reach your goals. For women only.

**When:** T/TH, 1pm-2pm; 9/11 - 10/11

**Where:** MAC Fitness Center  
**Instructor:** Joseph Manuel

**Class Price:** \$60.00

---

## WEIGHT TRAINING/ STRENGTH TRAINING

If you are ready to start strength training, don't miss this course. Learn proper lifting techniques, basic exercises for each muscle group, human anatomy as it relates to your workout goals, and how to structure our workouts to reach your goals.

**When:** T/TH, 1pm-2pm; 10/16 - 11/15

**Where:** MAC Fitness Center  
**Instructor:** Joseph Manuel

**Class Price:** \$60.00

## FLY FISHING “Fly Fish North Texas”

Learn to cast a fly rod, without catching yourself or the trees and bushes around you. Understand what it takes to control the line so you can present a fly to a fish without spooking them. Be able to cast more than 50' to fish. Have fun learning a sport that many people call an art form. This is a 4 week course. A minimum of 10 participants is required for the class to make and a maximum of 30 can sign up.

**When:** M/TH, 7pm-8pm; 9/25 - 10/18 (4 weeks)

**Where:** Softball Field at the Fields Complex

**Instructor:** Jim Bass

**Class Price:** \$100.00

---

## WALKING TO A 5K

If you have signed up for a 5K walk, such as a charity event, but don't regularly walk for fitness, take a few weeks to train for it so you can enjoy the event without the agony of the feet. This class is basic training for a 5K walk that includes the amount of exercise recommended as the minimum amount to reduce your health risks and maintain optimum health. This is a 9 week course that will meet 3 times per week on M/W/F. A minimum of 10 participants is required for the class to make with the cap at 30.

**When:** M/W/F, 4pm-5pm; 9/17 - 11/12

**Where:** Meet at the entrance of the MAC (walk various paths around UTA campus)

**Instructor:** Lindsay Lookingbill

**Class Price:** \$20.00

---

## POKER

This class is designed for people wanting to learn more about Texas Hold 'Em Poker, the Cadillac of Poker. Topics will include: mechanics and rules, history of poker, etiquette of poker, theory of poker, strategies of poker and tournament play vs. cash game play. Each session will last 1 hour, once per week for four weeks; maximum 20 participants, minimum 8.

**When:** M, 7:00 pm - 8:00 pm; 9/17, 9/24, 10/1, 10/8

**Where:** MAC 213 (upstairs classroom)

**Instructor:** Doug Garner, Tom Woodman, Chris Muller

**Class Price:** \$30 per person

---

## BALLROOM DANCING

This is an 8-week training program designed to teach and train Latin ballroom dancing dances and skills. Latin ballroom dances such as Rumba, Cha-Cha-Cha, Jive and Samba will be the focus of the program. This program aims to promote ballroom dancing as a sport and not merely as a social activity. Skills such as proper footwork, timing, and rhythm will be introduced and developed. Leather-soled shoes for men and heels for women (if allowed) are encouraged. This class will meet for 8 weeks. A minimum of 10 participants will be required for this class to make. A maximum of 20 participants can register for the class.

**When:** M/W, 7:30pm-9:00pm; 9/10 - 10/29

**Where:** MAC 102A

**Instructor:** Emil John Burdeos

**Class Price:** \$60.00

---

## INTRODUCTION TO SPORTS CLINIC: SOFTBALL

This class will be an introduction to softball where the basic rules and skills of the sport will be taught and developed. The class will meet twice per week for one hour on Tuesdays and Thursdays for 4 weeks. A minimum of 5 participants is required for the class to make with the cap at 10.

**When:** T/Th, 5pm-6pm; 10/2 - 10/25

**Where:** Campus Rec Fields Complex

**Instructor:** Tak Momose, Drew Barfield, Kyndall Griffin, Jalie Eppars, (possible UTA baseball/softball volunteers)

**Class Price:** \$20

---

**Sign up today at the MAC Services & Info Desk.**

For more information on specific classes, email [campusrec@uta.edu](mailto:campusrec@uta.edu).