

Zumba

Location: Ruggieri Senior Center • Ages 14+

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to work out, have fun, smile and laugh in a party-like atmosphere where the goal is to enjoy dance moves that makes everyone have a good time! Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Zumba music uses mostly Latin rhythms but does contain other upbeat music from pop all the way to calypso. Come and join the party!

Location: Ruggieri Senior Center •

Instructor: Joanne Brown Dancers

Code	Day	Dates	Time	Classes	Fee (res/ Non)
47998	Tues	1/10-2/7	6:30- 7:30 pm	5	\$40/ \$45
47999	Tues	2/14-3/13	6:30- 7:30 pm	5	\$40/ \$45
48000	Tues	3/20-4/24*	6:30- 7:30 pm	5	\$40/ \$45
48001	Tues	5/1-5/29	6:30- 7:30 pm	5	\$40/ \$45

* No class on 4/3 due to spring Break

New Daily Drop in Rates!!!

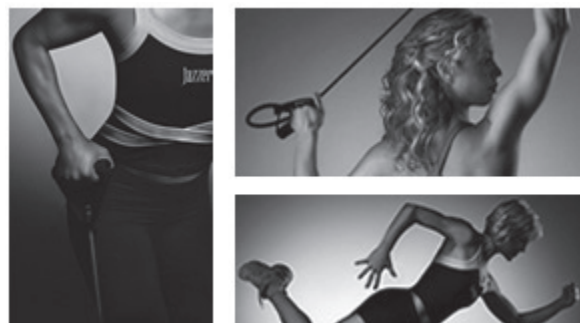
Code	Day	Dates	Time	Classes	Fee (res/ Non)
48002	Tues	1/10	6:30- 7:30 pm	1	\$10
48003	Tues	1/17	6:30- 7:30 pm	1	\$10
48004	Tues	1/24	6:30- 7:30 pm	1	\$10
48005	Tues	1/31	6:30- 7:30 pm	1	\$10
48006	Tues	2/7	6:30- 7:30 pm	1	\$10
48007	Tues	2/14	6:30- 7:30 pm	1	\$10
48008	Tues	2/21	6:30- 7:30 pm	1	\$10
48009	Tues	2/28	6:30- 7:30 pm	1	\$10
48010	Tues	3/6	6:30- 7:30 pm	1	\$10
48011	Tues	3/13	6:30- 7:30 pm	1	\$10
48012	Tues	3/20	6:30- 7:30 pm	1	\$10
48013	Tues	3/27	6:30- 7:30 pm	1	\$10
48014	Tues	4/10	6:30- 7:30 pm	1	\$10
48015	Tues	4/17	6:30- 7:30 pm	1	\$10
48016	Tues	4/24	6:30- 7:30 pm	1	\$10
48017	Tues	5/1	6:30- 7:30 pm	1	\$10
48018	Tues	5/8	6:30- 7:30 pm	1	\$10
48019	Tues	5/15	6:30- 7:30 pm	1	\$10
48020	Tues	5/22	6:30- 7:30 pm	1	\$10
48021	Tues	5/29	6:30- 7:30 pm	1	\$10
48022	Tues	6/5	6:30- 7:30 pm	1	\$10

Youth Personal Training

Youth Personal Training is now available for ages of 10 – 17 at the Union City Sports Center! This training program is designed to motivate and improve physical development for all levels from beginners to elite athletes. Careful and patient attention is paid to each participant while creating a fun and enthusiastic attitude towards physical fitness and nutrition. Individual and Small Group training is available. Please note: a parent or guardian must remain on the premises during individual training sessions.

Individual Training		Small Group Training (max of 3)	
Session	Fee	Sessions	Fee
2 session	\$65	2 sessions	\$80
4 sessions	\$120	4 sessions	\$150
45 Minute Sessions		60 Minute Sessions	

For more information, contact the Union City Sports Center at 510-675-5808.



jazzercise®

Jazzercise • Ages 16+

A powerful and effective workout that will leave you feeling energized and refreshed. Easy-to-follow classes with fun choreography include a warm up, 30-mins of aerobics, a muscle toning and strength-training segment and stretch finale. Wear tennis shoes, comfortable clothing and bring water. NOTE: Registration is on-going so just drop in! There is a one-time joining fee of \$79 and our Monthly EFT pass is just \$42/month – unlimited classes. Mention this ad and get 50% off your first month.

Instructor: Anitha Ramareddy & Staff

www.JazzAnitha.com - 408-230-4166

Location: Holly Community Center/ UC Sports Center

Code	Day	Dates	Time
Jazzercise	Sat & Sun	On-going	9:15 – 10:15 am
Jazzercise	Mon/ Wed/ Fri*	On-going	9:15 – 10:15 am
Jazzercise	Mon – Thur	On-going	5:15 – 6:15 pm
Jazzercise	Mon – Thur	On-going	6:15 – 7:15 pm

* The M/W/F morning class is held at the UC Sports Center.



Personal Training

We at the Union City Sports Center, are offering personal training to our members. Our certified personal trainers will instruct you to a new, stronger, and healthier body. Learn the keys to changing your body composition, the use of proper bio-mechanics, anatomy, physiology, and proper nutrition. For more information about our personal training, please call 675-5808.

Take Advantage of our Low Prices!

One on One Training

1 Session - \$50 • 4 Sessions- \$160 • 8 Sessions- \$300

Personal Training fees are based on having a current Sports Center membership. Different fees apply to non-Sports Center members and non-Union City residents.

Men's Basketball Leagues

For Ages: (18+ • 30+) • 10 Games

Location: Union City Sports Center

UCLS is offering a 5 on 5 Adult Basketball League for men 18 years and older. There are now two different leagues during the week! A men's 18+ open league on Monday nights and a 30+ league on Sunday afternoons. The league will consist of a 10 week session with the top four teams making playoffs. All games are held at the Union City Sports Center. Please note the Monday Night league may have Wednesday night games and the Sunday league may have double headers. League applications and rosters can be picked up at the Union City Sports Center. Please call (510) 675-5805 for more information. Teams registering early with a \$100 deposit and a completed roster will have first priority. Space is limited. Winter registration ends Friday, December 9, 2011. Spring Registration ends Friday, March 2, 2012.

2012 Winter League						(Deposit)
Day	Ages	Date	Time	Games	FEE/ Dep	
Mon	18 +	1/9-3/26	7 pm • 8 pm • 9 pm	10	\$635/ \$100	
Sun	30+D	1/8-3/25	10 am • 11 am • 12 pm	10	\$635/ \$100	

2012 Spring League						(Deposit)
Day	Ages	Date	Time	Games	FEE/ Dep	
Mon	18 +	4/2-6/25	7 pm • 8 pm • 9 pm	10	\$635/ \$100	
Sun	30+D	4/1-6/24	10 am • 11 am • 12 pm	10	\$635/ \$100	

Friday Night Lights! NEW FORMAT!

Adult Flag Football Scrimmages | Ages 18+

Location: Shorty Garcia Field

Participate in the UCLS adult flag football scrimmages. Don't have a team? Don't worry, staff will divide participants into teams. Players will compete in a 5 on 5 all passing flag football format on a 30 x 60 yard field. For more information, call (510) 675-5805 or email maynarde@unioncity.org

CODE	Day	Date	Time	Classes	FEE (Res/ Non)
47490	Fri	1/13 -3/16	8- 10:00 pm	10	\$20/ \$25
47507	Fri	4/6 -6/8	8 -10:00 pm	10	\$20/ \$25

Adult Soccer Pick Up Games!

6v6 No Goalie Soccer

For: 18+ Open & 30+ Co-ed

Location: Shorty Garcia Field

Come "kick-it" with your friends at Shorty Garcia Park for evening soccer pick-up games! The fields will be separated into two 30 yard wide x 60 yard long playing fields with a 6v6 No Goalie format. For more information, please call the Union City Sports Center at (510) 675-5808 or email maynarde@unioncity.org

2012 Winter Session					
CODE	Day	Date	Time	Classes	FEE (Res/ Non)
47508	Mon	1/9-3/12	8 -10 pm	10	\$20/ \$25
47509	Thurs	1/12-3/15	8 -10 pm	10	\$20/ \$25
47510	M & Th	1/9-3/15	8 -10 pm	20	\$35/ \$40

2012 Spring Session					
CODE	Day	Date	Time	Classes	FEE (Res/ Non)
47511	Mon	4/2-6/4	8 -10 pm	10	\$20/ \$25
47512	Thurs	4/4-6/6	8 -10 pm	10	\$20/ \$25
47513	M & Th	4/2-6/6	8 -10 pm	20	\$35/ \$40

Dodgeball Night!

Ages: 12+ • Wednesday Nights!!

Location: Union City Sports Center

Humpday just got more exciting! Come down to the Union City Sports Center on Wednesday nights and hopefully dodge some balls inside the gymnasium. Don't have a team? Don't worry.... Staff will divide participants into teams. For game rules and information, please call (510) 675-5805 or email maynarde@unioncity.org *Children under 16 must be accompanied by a parent or guardian during the program.

CODE	Day	Date	Time	Classes	FEE (Res/ Non)
47520	Wed	1/11-3/14	6- 8:00 pm	12	\$60/ \$70
47521	Wed	4/4-6/6	6- 8:00 pm	12	\$60/ \$70

Co-ed Volleyball Mixers • Ages: 16+

Location: Union City Sports Center

Bump, set, and spike with other volleyball enthusiasts in our co-ed clinics on Tuesday nights from 7:00 to 9:00 pm. This clinic will give beginners a chance to learn the fundamentals and will give experienced players an opportunity to refine their skills.

FREE to Sports Center members, non-members must pre-register.

2012 Winter Session

CODE	Day	Date	Time	Classes	FEE (Res/ Non)
47514	Tue	1/10-3/27	7 -9 pm	12	\$60/ \$70
47515	Thurs	1/12-3/29	7 -9 pm	12	\$60/ \$70
47516	T & Th	1/10-3/29	7 -9 pm	24	\$110/ \$120

FREE for SC Members

2012 Spring Session

CODE	Day	Date	Time	Classes	FEE (Res/ Non)
47517	Tue	4/2-6/18	7 -9 pm	12	\$60/ \$70
47519	Thurs	4/4-6/20	7 -9 pm	12	\$60/ \$70
47518	T & Th	4/2-6/20	7 -9 pm	24	\$110/ \$120

FREE for SC Members

Drop In Table Tennis Hours • All Ages

Location: Union City Sports Center

Purchase a 20 visit Table Tennis Pass at the UC Sports Center! Passes available for drop-in table tennis hours only. For more information, please call the Union City Sports Center at (510) 675-5808.

Day	Time	Fee	#VISITS
Mon & Wed	6 pm – 9 pm	\$75 res./ \$80 non-res.	20
Sat/Sun	8 am - 12 pm		

* All children under the age of 16 must be accompanied by a parent or guardian. Weekend hours are subject to change without prior notice.

FREE AGENT LIST

Individuals wishing to play in any adult league, but do not have a team, should contact the Union City Sports Center at (510) 675-5808 to be placed on the Free Agent list. This list is provided to team managers who need additional players to complete their roster.

Attention Local Non-Profits!!!

Do you want your banner displayed?

The City of Union City can display YOUR banner for the purpose of advertising public/civic events.

Such banners are displayed for \$25/week at a designated location within the City. Corner of Alvarado-Niles and Royal Ann (adjacent to City Hall).

For more information please call 510-675-5328.

Family Badminton Night • All Ages

Friday Nights

The Union City Sports Center will be reserving the courts for family badminton hours every Friday night from 7 pm – 9 pm. Two badminton courts will be available just for families. Enjoy some time out with your family on our family badminton nights!

Free to Sports Center members, drop-in users can pay a daily fee.

All children under the age of 16 must be accompanied by a parent or guardian.

Youth Open Gym Times (Ages 10-15)

Location: Union City Sports Center

Fee: \$5 UC Residents/ \$10 Non-Union city Residents

The Union City Sports Center offers open gym times for youths 10 – 15 years old for drop-in basketball, volleyball, & badminton! The sports center also offers youth fitness/ sports conditioning classes on certain days of the week. Please check the monthly gymnasium schedule for youth fitness/ sports conditioning days and times.

Youth Open Gym hours: Monday –Thursday: 3 pm – 6 pm
Fridays 3 pm – 8 pm

Union City Sports Center's Family 5K, 10K Fun Run & Walk!

All Ages

Date: Sunday, March 11, 2012

Location: Civic Center/ City Hall

34009 Alvarado-Niles Road, Union City, CA

Race Begins: 9:30 am

Get yourself prepared for the Union City Sports Center's Family 5K, 10K Fun Run & Walk. 5K stroller division, and 5K Pet Walking division will be held as well! Pick up a registration form at the Union City Sports Center, or download an application online at www.unioncity.org. To be guaranteed a shirt, you must register by Friday, February 17, 2012.

For more information, please call (510) 675-5808.

Location: Civic Center (34009 Alvarado-Niles Road)

Check-in: 8:00 am • Race Begins: 9:30 am

Code	Category	FEE (Shirt Included) (SC Mem/ Res/ Non)	FEE (No Shirt)
47535	Boys Under 13 • 10K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47536	Girls Under 13 • 10K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47537	Boys 17 & under • 10K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47538	Girls 17 & under • 10K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47539	Men's 18 – 29 • 10K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47540	Women's 18 – 29 • 10K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47546	Men's 30 – 54 • 10K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47547	Women's 30 – 54 • 10K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47548	Men's 55+ • 10K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47549	Women's 55+ • 10K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47524	Boys Under 13 • 5K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47525	Girls Under 13 • 5K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47526	Boys 17 & under • 5K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47527	Girls 17 & under • 5K	\$20/ \$25/ \$30	\$10/ \$15/ \$20
47528	Men's 18 – 29 • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47529	Women's 18 – 29 • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47530	Men's 30 – 54 • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47531	Women's 30 – 54 • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47532	Men's 55+ • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47533	Women's 55+ • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47543	Stroller Division • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25
47544	Pet Walker Div • 5K	\$25/ \$30/ \$35	\$15/ \$20/ \$25



Shandy Torain Sports Center Instructor

Join Shandy Torain, Registered Dietitian and Kinesiologist for the following seminars at the Union City Sports Center:

**Location: Union City Sports Center
Classroom B**

Conquer Your New Year's Resolutions!

This seminar is created by certified personal trainer and registered dietitian Shandy Torain and will help you learn to set realistic goals and stick to your fitness and nutrition plan all year round! Prevent falling off the wagon and gain control of your health! Samples of quick and easy snack recipes will be provided.

Code	Day	Dates	Time	Age	Fee (Mem/ res/ Non/)
47451	Sat	1/28	10:30- 11:30 am	16+	\$12/ \$15 / \$18

Dispelling common nutrition myths

Join Shandy Torain, RD, CFT in learning the truth behind common myths such as "all fats are bad", "eggs raise your cholesterol" and "eat for 2 during pregnancy". Not only will you gain knowledge but you will also sample healthy dessert and snack recipes!

Code	Day	Dates	Time	Age	Fee (Mem/ res/ Non/)
47452	Sat	2/25	10:30- 11:30 am	16+	\$8 / \$10 / \$15

Simple Strategies for Lifelong Living

Learn how to prevent diseases such as heart disease, diabetes and cancer. Develop strategies for exercising regularly and preventing weight gain. Sample nutrient rich recipes that improve cognition and energy while keeping your body healthy!

Code	Day	Dates	Time	Age	Fee (Mem/ res/ Non/)
47453	Sat	5/20	11:00- 12:00 noon	16+	\$12 / \$15 / \$18

Table Tennis Tournament! • Ages 12+

Date: Saturday, February 11, 2012 • 8 am- 3 pm

Saturday, May 12, 2012 • 8 am- 3 pm

Enter the UC Sports Center's Summer Table Tennis Tournament. Winners will receive a FREE 20 Visit Table Tennis Pass at the Union City Sports Center! For tournament rules, details, and information, please call (510) 675-5805 or email maynarde@unioncity.org

CODE	Day	Date	Time	FEE (Members/ Non)
47522	Saturday	2/11	8:00 am- 3:00 pm	\$5/ \$8
47523	Saturday	5/12	8:00 am- 3:00 pm	\$5/ \$8