Information: Janine Crocker 510.987.9882 or janine.crocker@ucop.edu

Notes: RED No classes
YELLOW POSSIBLE SHORT DELAY OF START DUE TO MEETING

Week of January 14 is free. Spring session (full) is $50.
Half sessions (dates) are $30. each.
Half session I 01.14.2013-03.07.2013
Half session II 03.11.2013-04.25.2013

To register: https://myrecreation.berkeley.edu/store/index.aspx?view=front
Be sure to select COMMUNITY as your affiliation; search by keywords UCOP.

### JANUARY

<table>
<thead>
<tr>
<th>Monday</th>
<th>Class/location</th>
<th>Time</th>
<th>Tuesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Wednesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Thursday</th>
<th>Class/location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>15</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>16</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>17</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>NO CLASSES-MARTIN LUTHER KING JR HOLIDAY</td>
<td></td>
<td>22</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>23</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>24</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>29</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>30</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>31</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Class/location</td>
<td>Time</td>
<td>Tuesday</td>
<td>Class/location</td>
<td>Time</td>
<td>Wednesday</td>
<td>Class/location</td>
<td>Time</td>
<td>Thursday</td>
<td>Class/location</td>
<td>Time</td>
</tr>
<tr>
<td>--------</td>
<td>----------------</td>
<td>----------</td>
<td>---------</td>
<td>----------------</td>
<td>------------</td>
<td>-----------</td>
<td>----------------</td>
<td>------------</td>
<td>----------</td>
<td>----------------</td>
<td>----------</td>
</tr>
<tr>
<td>4</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>5</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>6</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>7</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
<tr>
<td>11</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>12</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>13</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>14</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
<tr>
<td>18</td>
<td>NO CLASSES</td>
<td>PRESIDENT'S DAY</td>
<td>Holiday</td>
<td>19</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>20</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>21</td>
<td>Yoga/5305</td>
</tr>
<tr>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
<tr>
<td>25</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>26</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>27</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>28</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>Class/location</td>
<td>Time</td>
<td>Tuesday</td>
<td>Class/location</td>
<td>Time</td>
<td>Wednesday</td>
<td>Class/location</td>
<td>Time</td>
<td>Thursday</td>
<td>Class/location</td>
<td>Time</td>
</tr>
<tr>
<td>--------</td>
<td>----------------</td>
<td>-----------</td>
<td>---------</td>
<td>----------------</td>
<td>-----------</td>
<td>-----------</td>
<td>----------------</td>
<td>-----------</td>
<td>----------</td>
<td>----------------</td>
<td>-----------</td>
</tr>
<tr>
<td>4</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>5</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>6</td>
<td>Stretch Training/5305</td>
<td>11:30-12:15 PM</td>
<td>7</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
</tbody>
</table>

**SPRING HALF SESSION II**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Class/location</th>
<th>Time</th>
<th>Tuesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Wednesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Thursday</th>
<th>Class/location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>12</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>13</td>
<td>Stretch Training/5305</td>
<td>11:30-12:15 PM</td>
<td>14</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Class/location</th>
<th>Time</th>
<th>Tuesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Wednesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Thursday</th>
<th>Class/location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>19</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>20</td>
<td>Stretch Training/5305</td>
<td>11:30-12:15 PM</td>
<td>21</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Class/location</th>
<th>Time</th>
<th>Tuesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Wednesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Thursday</th>
<th>Class/location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>26</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>27</td>
<td>Stretch Training/5305</td>
<td>11:30-12:15 PM</td>
<td>28</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Class/location</th>
<th>Time</th>
<th>Tuesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Wednesday</th>
<th>Class/location</th>
<th>Time</th>
<th>Thursday</th>
<th>Class/location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>Strength Training/5305</td>
<td>11:30-12:15 PM</td>
<td>27</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
<td>28</td>
<td>Stretch Training/5305</td>
<td>11:30-12:15 PM</td>
<td>29</td>
<td>Yoga/5305</td>
<td>12:20-1.05 PM</td>
</tr>
<tr>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td>Stretch &amp; Release/5305</td>
<td>12:20-1.05 PM</td>
<td></td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>Class/location</td>
<td>Time</td>
<td>Tuesday</td>
<td>Class/location</td>
<td>Time</td>
<td>Wednesday</td>
<td>Class/location</td>
<td>Time</td>
<td>Thursday</td>
<td>Class/location</td>
<td>Time</td>
</tr>
<tr>
<td>--------</td>
<td>----------------</td>
<td>------------</td>
<td>---------</td>
<td>----------------</td>
<td>------------</td>
<td>-----------</td>
<td>----------------</td>
<td>------------</td>
<td>----------</td>
<td>----------------</td>
<td>------------</td>
</tr>
<tr>
<td>1</td>
<td>NO CLASSES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>NO CLASSES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>NO CLASSES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>NO CLASSES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Strength</td>
<td>11:30-12:15 PM</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>Stretch &amp; Release/5305</td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Training/5305</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Strength</td>
<td>11:30-12:15 PM</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>Stretch &amp; Release/5305</td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Training/5305</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Strength</td>
<td>11:30-12:15 PM</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>Stretch &amp; Release/5305</td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Training/5305</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Strength</td>
<td>11:30-12:15 PM</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td>Stretch &amp; Release/5305</td>
<td>Zumba/Lobby One</td>
<td>5:15-6 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Training/5305</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Yoga/5305</td>
<td>12:20-1:05 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

END OF SPRING SESSION