

WorkFit

FALL 2018

SESSION DATES & FEES

FALL 2018		FEES	
		UC	NON-UC
Full Session	August 20 - December 14	\$80	\$100
Half Session I	August 20 - October 12	\$45	\$55
Half Session II	October 15 - December 14	\$45	\$55

LOCATION

Franklin Building
1111 Franklin Street
Oakland, CA 94607

TO REGISTER, FOLLOW BELOW INSTRUCTIONS— NEW WORKFIT PARTICIPANTS ONLY

<https://clients.mindbodyonline.com/ASP/su1.asp>

1. Select the above link
2. Enter "UC Berkeley" in the search field
3. Select "UC Berkeley Department of Recreational Sports"
4. Select "Continue to site without logging in" on the next screen
5. Follow instructions for "New Client" to set up an account
6. After account set up is complete, return to WorkFit calendars for the link to register for the desired session.

CALENDAR LEGEND

GREEN	Begin Session
YELLOW	End Session
RED	No Classes

TO JOIN A SESSION – REGISTERED WORKFIT PARTICIPANTS

UC

Full Session	http://clients.mindbodyonline.com/classic/ws?studioid=316527&stype=41&prodid=10255
Half Session I	http://clients.mindbodyonline.com/classic/ws?studioid=316527&stype=41&prodid=10258
Half Session II	http://clients.mindbodyonline.com/classic/ws?studioid=316527&stype=41&prodid=10260

NON-UC

Full Session	http://clients.mindbodyonline.com/classic/ws?studioid=316527&stype=41&prodid=10254
Half Session I	http://clients.mindbodyonline.com/classic/ws?studioid=316527&stype=41&prodid=10257
Half Session II	http://clients.mindbodyonline.com/classic/ws?studioid=316527&stype=41&prodid=10259

CONTACT INFORMATION

UCOP WorkFit
(510) 987-0786
UCOP-WORKFIT-L@listserv.ucop.edu

WorkFit

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
20 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	21 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	22 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	23 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
TRY IT FOR FREE WEEK • August 20-23			
27 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	28 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	29 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	30 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1

WorkFit

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 No CLASS - LABOR DAY	4 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	5 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	6 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
10 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	11 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	12 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	13 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
17 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	18 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	19 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	20 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
24 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	25 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	26 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	27 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1

WorkFit

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	2 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	3 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	4 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
8 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	9 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	10 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	11 END OF HALF SESSION I Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
15 BEGIN HALF SESSION II Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	16 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	17 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	18 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
22 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	23 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	24 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	25 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
29 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	30 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	31 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	

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NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
5 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	6 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	7 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	8 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
12 NO CLASS - VETERAN'S DAY	13 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	14 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	15 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
19 NO CLASS THANKSGIVING HOLIDAY WEEK	20 NO CLASS	21 NO CLASS	22 NO CLASS
26 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	27 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	28 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	29 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1

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DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	4 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	5 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	6 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1
10 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	11 Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1	12 Strength Training 11:30-12:15pm, Franklin 5305 Stretch & Release 12:20-1:05pm, Franklin 5305	13 END OF HALF SESSION II Yoga 12:20-1:05pm, Franklin 5305 Zumba 5:15-6:00pm, Franklin Lobby 1