

# WorkFit

## FALL 2018

### SESSION DATES & FEES

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

### 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.

### TO JOIN A SESSION – REGISTERED WORKFIT PARTICIPANTS

#### UC

<b>Full Session</b>	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10262">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10262</a>
<b>Half Session I</b>	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10263">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10263</a>
<b>Half Session II</b>	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10265">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10265</a>

#### NON-UC

<b>Full Session</b>	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10261">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10261</a>
<b>Half Session I</b>	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10264">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10264</a>
<b>Half Session II</b>	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10266">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;stype=41&amp;prodid=10266</a>

### LOCATION

Kaiser Building

### CALENDAR LEGEND

GREEN	Begin Session
YELLOW	End Session
RED	No Classes

### CONTACT INFORMATION

UCOP WorkFit

(510) 987-0786

[UCOP-WORKFIT-L@listserv.ucop.edu](mailto:UCOP-WORKFIT-L@listserv.ucop.edu)

# WorkFit

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>20</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>21</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>22</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>23</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
TRY IT FOR FREE WEEK • August 20-23			
<b>27</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>28</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>29</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>30</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C

# WorkFit

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> No CLASS - LABOR DAY	<b>4</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>5</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>6</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>10</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>11</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>12</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>13</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>17</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>18</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>19</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>20</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>24</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>25</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>26</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>27</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C

# WorkFit

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>2</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>3</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>4</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>8</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>9</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>10</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>11</b> END OF HALF SESSION I <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>15</b> BEGIN HALF SESSION II <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>16</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>17</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>18</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>22</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>23</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>24</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>25</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>29</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>30</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>31</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	

# WorkFit

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<b>1</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>5</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>6</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>7</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>8</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>12</b> NO CLASS - VETERAN'S DAY	<b>13</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>14</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>15</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>19</b> NO CLASS  <b>THANKSGIVING HOLIDAY WEEK</b>	<b>20</b> NO CLASS	<b>21</b> NO CLASS	<b>22</b> NO CLASS
<b>26</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>27</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>28</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>29</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C

# WorkFit

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>4</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>5</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>6</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>10</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>11</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>12</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>13</b> <b>END OF HALF SESSION II</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C