Active @ Work

Fall 2018 Workshops

Berkeley Walks! Walking Group
Meets every MWF, 12:10pm at the Campanile

Dancing for Fun and Fitness
Fridays, 12:10 - 1pm, 251 Hearst Gym
9/7 - Zumba
10/19 - Samba
11/2 - Hula / Polynesian
12/7 - Zumba / Samba

Yoga for Tension and Stress Relief
Fri 9/14, 10/12, 11/9 12:10-1pm, 251 Hearst Gym

Resistance Band Exercises in Small Spaces
Fri 11/16; 12:10-1pm, 251 Hearst Gym

Get Fit in 7 Minutes
Fri 11/30; 12:10-1pm, 251 Hearst Gym

Register:
uhs.berkeley.edu/wellness
wellnessfacstaff@berkeley.edu

“I am thankful for these free classes at Cal, as it is a way to incorporate fitness into a work setting that is often sedentary in its nature. I loved both the challenge of learning new exercises, as well as feeling like I could incorporate these exercises into my daily routine in order to improve my health.”

uhs.berkeley.edu/wellnesscalendar
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Workshop Descriptions

Dancing for Fun and Fitness
Instructor: Nadia Qabazard
Fit some fun and fitness into your day with these free, beginner dance classes. No partner required.

Yoga for Tension and Stress Relief
Instructor: Laurie Ferris
Practicing yoga can release tension in your joints, give you greater range of movement, soothe your back, and grant you increased comfort in all aspects of your life. Learn how pranayama breathing can enhance your practice, and help liberate your mind in surprising ways. Yoga mats are provided, or you can bring your own. Comfortable clothing and bare feet recommended.

Resistance Band Exercises for Small Spaces
Instructor: Cori Evans, MA, NSCA
Limited on time, space and equipment? Fitting physical activity into your workday can make a difference in your cardiovascular health, muscular strength, endurance and joint mobility. Learn how to maximize your office space and get the most out of a 10 minute exercise break with body weight and resistance band exercises. Resistance bands will be provided. Comfortable clothing and athletic shoes recommended.

Get Fit in 7 Minutes
Instructor: Cori Evans, MA, NSCA
Come and learn how the 7-minute High Intensity Circuit Training (H.I.C.T.) workout using your body weight, a chair and wall can help you maximize your time, space, and strength and flexibility training routine. According to the American College of Sports Medicine, the combination of aerobic and resistance training in a high-intensity, limited-rest design can deliver numerous health benefits in much less time than traditional programs. Prerequisite: All first time or returning exercisers are encouraged, however not required, to have attended for First Steps to Functional Fitness prior to attending this workshop. Comfortable clothing and athletic shoes recommended.

Walking Group
The Be Well at Work Wellness Program Walking Group meets every MWF, 12:10 pm, at the Campanile. Fit fitness into your workday with a 30-40 minute walk and receive the bonus benefits of social support, stress relief, and renewed energy. The Walking Leaders are CPR-certified and set a pace to guide walkers through the designated route each week – like having your own personal walking trainer! Please complete the waiver (prior to the first time you join. No registration through LMS required.

Athletic shoes and comfortable clothing required for all classes.