Active @ Work
Spring 2018 Workshops

Dancing for Fun and Fitness
Fridays, 12:10 - 1pm, 251 Hearst Gym
Samba: 2/9
Zumba: 3/23, 6/1
Hula/Polynesian: 4/6

First Steps into Functional Fitness
Fri 2/23; 12:10-1pm, 251 Hearst Gym

Get Fit in 7 Minutes
Fri 3/16; 12:10-1pm, 251 Hearst Gym

Yoga for Tension and Stress Relief
Fri 2/16, 3/9, 4/20 12:10-1pm, 251 Hearst Gym

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

Register:
uh.s.berkeley.edu/wellnesscalendar

“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.”
**Active @ Work**

**Workshop Descriptions**

Athletic shoes and comfortable clothing required for all classes.

---

**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.

---

**First Steps into Functional Fitness**

Instructor: Cori Evans, MA, NSCA

The journey to health begins with the first step. This workshop is an introduction/recommended prerequisite to the *Get Fit in 7 Minutes* workshop, providing participants with the tools to design a sustainable and fun exercise plan, while learning how to safely execute the top 10 exercises for a complete strength and flexibility training routine. Participants will receive a band and guide for different types of workout routines. 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.

---

**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.

---

**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.

---

Be Well at Work
Faculty/Staff Wellness

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