Active @ Work

Spring 2017 Workshops

Dancing for Fun and Fitness
Fridays, 12:10 - 1pm, 251 Hearst Gym
Zumba: 2/2, 5/5
Samba: 3/3
Hula/Polynesian: 4/7, 6/2

Resistance Band Exercises for Small Spaces
Fri 3/10, 12:10-1pm, 251 Hearst Gym

Circuit Training Fitness Walk
Thu 3/16, 3/23, 12:10-1pm, various locations

First Steps into Functional Fitness
Fri 2/17; 12:10-1pm, 251 Hearst Gym

Get Fit in 7 Minutes
Fri 4/21; 12:10-1pm, 251 Hearst Gym

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.”
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Workshop Descriptions

Athletic shoes and comfortable clothing required for all classes.

**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 and 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.

**First Steps into Functional Fitness**
Instructor: Cori Evans, MA, NSCA

The journey to health begins with the first step. This introduction to the Get Fit in 7 Minutes workshop, will provide 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.

**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.

**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.

**Circuit Training Fitness Walk**
Instructor: Anita Liboff, ACSM

Discover how good you can feel with a circuit training fitness walk that integrates basic strength exercises and a brisk walk on campus. This combination of walking and strength training exercises while using a resistance band and your own body weight, will provide a total body workout. Imagine feeling refreshed and rejuvenated when you return to work as you experience the benefits of getting fresh air while exploring our beautiful campus. Resistance bands will be provided.

**Get Fit in 7 Minutes**
Instructor: Cori Evans, MA, NSCA

Come and learn how a High Intensity Circuit Training (H.I.C.T.) workout in just 7 minutes using your body weight, a chair and wall, can help you maximize your time and workout space. 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 to register for First Steps to Functional Fitness prior to attending this workshop.