

Active @ Work

Spring 2020 Workshops

Berkeley Walks! Walking Group
Meets every Monday, Wednesday, and Friday
12:10 pm at the Campanile

ACTIVE
@WORK

Register:

[uhs.berkeley.edu/
wellnesscalendar](https://uhs.berkeley.edu/wellnesscalendar)

251 Hearst Gym | 12:10 – 1:00 pm

Dancing for Fun and Fitness

Zumba – 2/7

Samba – 3/13

Hula / Polynesian – 4/3

Yoga for Tension and Stress Relief

Fridays: 2/14, 3/20, 4/10, 5/1

Get Fit in 7 Minutes

Friday 3/6

“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.”



Be Well at Work
Faculty/Staff Wellness

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

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.

Yoga for Tension and Stress Relief

Instructor: Laurie Ferris

Practicing yoga can release tension in your joints, give you greater range of motion, and offer increased comfort in all aspects of your life. Learn basic yoga poses and breathing techniques to transform your practice into a moving meditation. Optional: Join the Passport Yoga Passport Challenge and get a different stamp for each class to be entered into a drawing for a yoga prize! Please bring your own yoga mat as our supplies are limited. Due to the limited class time, please try to arrive early or on time to complete the participant waiver. Comfortable clothing and bare feet 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. Comfortable clothing and athletic shoes recommended.

Berkeley Walks! Walking Group

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.