

Guide to Exercise on Campus

Organization/Department	Activities	Where	Contact
Berkeley Walks! Walking Group	30-35 minute walk through campus led by staff volunteer walking leaders.	Meets year-round at the Campanile on Mon., Wed. and Fri. at 12:10 p.m.	For more info call Be Well at Work – Wellness Program at (510) 643-4646.
Recreational Sports	Group exercise classes, swimming, weight training, basketball, volleyball, racquetball, ballroom dancing, martial arts, and much more!	Recreational Sports Facility 2301 Bancroft Way (between Dana St. and Ellsworth St.)	For more info and schedules call (510) 642-6400.
Hearst Gym	Swimming, group exercise classes, multi-use gymnasium.	South side of campus on Bancroft Way at Bowditch Street, just across from the University Art Museum.	For more info and schedules call (510) 642-3894.
Golden Bear Recreation Center	Swimming, 400-meter track, open fields, tennis, sand volleyball.	Top of Dwight Way at Sports Lane	For more info and schedules call (510) 642-9821.
Strawberry Canyon Recreation Area	Swimming, ropes course, fitness center, trails (run/walk), open fields.	On Centennial Drive, east of Memorial Stadium	For more info and schedules call (510) 643-6720.
Edwards Track Stadium	400 meter track, grass area for games.	On Bancroft Way, between Fulton Street and the Recreational Sports Facility (enter from Cross Campus Road)	For more info call (510) 643-7327.
YWCA Berkeley/Oakland	Dance and fitness classes.	2600 Bancroft Way	For more info and schedules call (510) 848-6370.
YMCA (Downtown Berkeley)	Swimming, racquetball, weight training, aerobics classes, volleyball, basketball, yoga, mind/body classes	2001 Allston (west of Shattuck)	For more info and schedules call (510) 848-6800.

