

Berkeley Rec Sports, UHS, UC Berkeley School of Public Health are proud to offer free live virtual classes, workshops and seminars for the EIM on Campus month of October. Please visit us at Rec Sports Online for a full schedule of our virtual programs and activities.

| October 2020 Exercise is Medicine Physical Activity Schedule |   |   |  |  |  |
|--|---|---|--|--|--|
| MONDAY 10/26   | TUESDAY 10/27   | WEDNESDAY 10/28   | THURSDAY 10/29   | FRIDAY 10/30   | SATURDAY 10/31   |
|  | <u>EARLY BIRD YOGA</u><br>7:00-7:45 AM<br><i>Aaron</i>                      |   | <u>PIYO</u><br>7:00-7:45 AM<br><i>Bianca</i>                                 |  |  |
| <u>YOGA</u><br>8:00-8:45 AM<br><i>Michael</i>                | <u>CARDIO &amp; CORE EXPRESS</u><br>8:00-8:30 AM<br><i>Polly</i>            |   |  |  |  |
|  |   | <u>CARDIO &amp; CORE</u><br>9:00-9:30 AM<br><i>Randy</i>                | <u>LEGS &amp; GLUTES</u><br>8:35-9:05 AM<br><i>Mitch M.</i>                  | <u>ZUMBA</u><br>9:00-9:45 AM<br><i>Alejandra</i>           | <u>SIMPLE STRONG   TBC</u><br>9:00-9:45 AM<br><i>Will</i>    |
| <u>SEATED YOGA</u><br>11:00-11:45 AM<br><i>Claire</i>        |   |   |  |  | <u>HALLOWEEN DANCE JAM</u><br>10:00-10:45 PM<br><i>Carly</i> |
| <u>NEW TO FITNESS</u><br>12:00-1:00 PM<br><i>Robbie</i>      | <u>YOGA &amp; MEDITATION</u><br>12:00-12:45 PM<br><i>Nicolette</i>          | <u>NEW TO FITNESS</u><br>12:00-1:00 PM<br><i>Robbie</i>                 | <u>YOGA &amp; MEDITATION</u><br>12:00-12:45 PM<br><i>James</i>               | <u>NEW TO FITNESS</u><br>12:00-1:00 PM<br><i>Robbie</i>    |  |
| <u>SIMPLE STRONG   TBC</u><br>1:00-1:45 PM<br><i>Polly</i>   |   | <u>SIMPLE STRONG   TBC</u><br>1:00-1:45 PM<br><i>Randy</i>              | <u>ZUMBA</u><br>1:00-1:45 PM<br><i>Carly</i>                                 | <u>SIMPLE STRONG   TBC</u><br>1:00-1:45 PM<br><i>Randy</i> | <b>SUNDAY 11/1</b>   |
|  |   | <u>STRENGTH FOR SWIM/<br/>BIKE/RUN</u><br>4:00-5:00 PM<br><i>Karina</i> | <u>YOGA</u><br>4:00-4:45 PM<br><i>Heather</i>                                | <u>SEATED YOGA</u><br>3:00-3:45 AM<br><i>Saraswathi</i>    | <u>YOGA STRETCH</u><br>9:00-9:45 AM<br><i>Michael</i>        |
| <u>CARDIO &amp; CORE</u><br>4:00-4:45 PM<br><i>James</i>     | <u>URBAN KICK</u><br>4:30-5:15 PM<br><i>Miwa</i>                            | <u>ROCK CLIMBING SITES</u><br>4:30-5:30 PM<br><i>Sam</i>                | <u>FITNESS &amp; WELLNESS</u><br>4:00-5:00 PM<br><i>Marlon, Devin, Steve</i> |  | <u>ZUMBA</u><br>10:00-10:45 AM<br><i>Alejandra</i>           |
|  | <u>SPORTS STRENGTH &amp;<br/>CONDITIONING</u><br>5:00-6:00 PM<br><i>Rob</i> |   | <u>BARRE-PILATES FUSION</u><br>5:00-5:45 PM<br><i>Ryo</i>                    |  |  |

**CHECK BACK REGULARLY FOR CLASS UPDATES!**