

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 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	SATURDAY 10/10
	<u>EARLY BIRD YOGA</u> 7:00-7:45 AM <i>Assal</i>		<u>EARLY BIRD YOGA</u> 7:00-7:45 AM <i>Assal</i>		
<u>YOGA</u> 8:00-8:45 AM <i>Tracie</i>	<u>CARDIO &amp; CORE EXPRESS</u> 8:00-8:30 AM <i>Polly</i>				
		<u>CARDIO &amp; CORE</u> 9:00-9:30 AM <i>Randy</i>	<u>LEGS &amp; GLUTES</u> 8:35-9:05 AM <i>Mitch M.</i>	<u>URBAN KICK</u> 9:00-9:45 AM <i>Anne</i>	<u>SIMPLE STRONG   TBC</u> 9:00-9:45 AM <i>Mitch M.</i>
<u>SEATED YOGA</u> 11:00-11:45 AM <i>Claire</i>					
<u>NEW TO FITNESS</u> 12:00-1:00 PM <i>Robbie</i>	<u>YOGA &amp; MEDITATION</u> 12:00-12:45 PM <i>Nicolette</i>	<u>NEW TO FITNESS</u> 12:00-1:00 PM <i>Robbie</i>	<u>YOGA &amp; MEDITATION</u> 12:00-12:45 PM <i>James</i>	<u>NEW TO FITNESS</u> 12:00-1:00 PM <i>Robbie</i>	
<u>SIMPLE STRONG   TBC</u> 1:00-1:45 PM <i>Polly</i>		<u>SIMPLE STRONG   TBC</u> 1:00-1:45 PM <i>Randy</i>	<u>ZUMBA</u> 1:00-1:45 PM <i>Carly</i>	<u>SIMPLE STRONG   TBC</u> 1:00-1:45 PM <i>Randy</i>	<b>SUNDAY 10/11</b>
<u>CARDIO &amp; CORE</u> 4:00-4:45 PM <i>James</i>		<u>STRENGTH FOR SWIM/ BIKE/RUN</u> 4:00-5:00 PM <i>Karina</i>	<u>YOGA</u> 4:00-4:45 PM <i>Heather</i>	<u>SEATED YOGA</u> 3:00-3:45 AM <i>Saraswathi</i>	<u>YOGA STRETCH</u> 9:00-9:45 AM <i>Michael</i>
	<u>URBAN KICK —NEW!</u> 4:30-5:15 PM <i>Miwa</i>	<u>CARDIO &amp; CORE</u> 5:00-5:45 PM <i>James</i>	<u>BARRE-PILATES FUSION</u> 5:00-5:45 PM <i>Ryo</i>		<u>ZUMBA</u> 10:00-10:45 AM <i>Alejandra</i>
<u>DANCE JAM</u> 6:00-6:45 PM <i>Mitch C.</i>	<u>SPORTS STRENGTH &amp; CONDITIONING</u> 5:00-6:00 PM <i>Rob</i>			<u>DANCE JAM</u> 6:00-6:45 PM <i>Murch</i>	

**CHECK BACK REGULARLY FOR CLASS UPDATES!**