

# WorkFit Returns to Franklin Starting Monday September 19!

Join us Monday through Friday next week for a **free** trial. Participate in any or all of the scheduled classes. Just show up in your workout clothes, meet the trainers from UC Berkeley Recreational Sports and see how a regular exercise regime can improve your overall health and well-being.

Even if you've never exercised or you're not sure you will like it, try it for free and see what your colleagues have been buzzing about. The trainers can accommodate any skill level and movement restrictions.

Remember that family and friends are invited to participate at the same low rate: more participants gives us the ability to expand the program.

Exciting news: The Marriott Oakland City Center will be hosting the program starting Monday, September 19 through the end of the Fall session on December 9. It's a bigger space and has allowed us to expand the popular after-work classes to four days a week!

Monitors in the Marriott lobby will identify the WorkFit location each day.

Join us Monday 09.19 and Tuesday 09.20 in the Lobby at Franklin 15 minutes prior to each class on those days to get a quick orientation and migrate en masse to the new location. Look for Karen Hsi or Janine Crocker (we'll be the ones with balloons) and the rest of the WorkFitters.

Franklin/Marriott Fall session (Full) runs 09.19 through 12.09.2011, \$50.

Half Session One 09.19.2011-10.28.2011,\$30.

Half Session Two 10.31.2011-12.09.2011, \$30.

- Stretch & Release: Monday/Wednesday/Friday, 11:30 a.m.-12:15 p.m.
- Circuit Training: Monday/Wednesday, 12:20-1:05 p.m.
- Yoga Toning: Friday, 12:20-1:05 p.m.
- Yoga: Monday/Wednesday, 4:45-5:30 PM
- Circuit Training: Tuesday & Thursday, 11:30 a.m.-12:15 p.m.
- Crazy About Core: Tuesday & Thursday, 12:20-1:05 p.m.
- Zumba: Tuesday & Thursday, 4:45-5:30 p.m.

No classes: 10.06, 10.07, 10.14, 11.11 and week of 11.21 (Thanksgiving).

## About the Classes

- Circuit Training focuses on building strength, flexibility and endurance through a series of exercises using items such as weights and stability balls.
- Crazy About Core will help strengthen the body's center through a combination of mat work, resistance exercise, Pilates, yoga and more.
- Stretch and Release is all about stretching techniques (including yoga), trigger-point muscle release and self-massage - all focused on relieving pain and increasing mobility.
- Yoga cultivates strength, balance and flexibility through a series of fluid movements.
- Yoga Toning (Franklin) is a power workout using Yoga movements to improve strength, flexibility and endurance. A nice complementary workout to Circuit training.
- Zumba is a cardio dance workout to the beat of Latin music.

To register: <https://myrecreation.berkeley.edu/store/login.aspx>

For those who have previously created a profile: login, search using keywords "UCOP" for Franklin/Marriott offerings and proceed to register and check out. If you don't receive a confirmation number, you have not completed the registration process.

For those who have NOT set up a profile, at the above website:

- Select "Community" as affiliation.
- Click "login" in tool bar.
- Create an Account.
  - When asked for an employee number, please enter your office direct dial phone number instead. The registration site belongs to UCB and was originally structured for internal use only.
  - Registering as Community, you can expect a warning message to the effect that you will not receive "preferred pricing"- disregard as the cost is no impacted as you will see when you get into the registration section.
  - You will only have to set-up a profile once. Make sure to keep track of your ID and password.
- When the profile is completed, use the search function with key words "UCOP", locate the Franklin/Marriot program and complete the process.
- Register for the session by "adding to the cart" and complete the process. You will receive a confirmation number upon completion.

**Questions?** Contact Janine Crocker at (510) 987-9882 [janine.crocker@ucop.edu](mailto:janine.crocker@ucop.edu).

Brought to you by UCOP Risk Services in partnership with UC Berkeley Recreational Sports.