

UCOP WorkFit Returns to Kaiser 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 UCOP 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.

Kaiser Mall Building (Room 260)

- Circuit Training: Monday, Wednesday & Friday, noon-12:45 p.m.
- Crazy About Core: Tuesday & Thursday, noon-12:45 p.m.
- Zumba: Monday/Wednesday, 5:00-5:45 p.m.
- Yoga: Tuesday & Thursday, 5:00- 5:45 p.m.

No classes 11.11 or the week of 11.21 (Thanksgiving).

Kaiser Fall (Full) Session runs 09.19.2011-12.21.2011, \$50.

Half Session One 09.19.2011-11.04.2011, \$30.

Half Session Two 11.07.2011-12.21.2011, \$30.

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.
- 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.

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