

# WorkFit

## SUMMER 2018

### SESSION DATES & FEES

SUMMER 2018		FEES	
		UC	NON-UC
Full Session	April 30 - August 17	\$80	\$100
Half Session I	April 30 - June 22	\$45	\$55
Half Session II	June 25 - August 17	\$45	\$55

### LOCATION

Kaiser Building

### TO REGISTER – NEW WORKFIT PARTICIPANTS ONLY

<https://clients.mindbodyonline.com/ASP/su1.asp>

### CALENDAR LEGEND

GREEN	Begin Session
YELLOW	End Session
RED	No Classes

### TO JOIN A SESSION – REGISTERED WORKFIT PARTICIPANTS

#### UC

Full Session	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10240">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10240</a>
Half Session I	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10242">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10242</a>
Half Session II	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10244">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10244</a>

#### NON-UC

Full Session	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10239">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10239</a>
Half Session I	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10241">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10241</a>
Half Session II	<a href="http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10243">http://clients.mindbodyonline.com/classic/ws?studioid=316527&amp;styp=41&amp;prodid=10243</a>

### CONTACT INFORMATION

UCOP WorkFit  
(510) 987-0786  
[UCOP-WORKFIT-L@listserv.ucop.edu](mailto:UCOP-WORKFIT-L@listserv.ucop.edu)

# WorkFit

APRIL/MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>30</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>1</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>2</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>3</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>TRY IT FOR FREE WEEK • April 30 - May 3</b>			
<b>7</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>8</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>9</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>10</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>14</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>15</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>16</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>17</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>21</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>22</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>23</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>24</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>28</b> <b>NO CLASS</b>  <b>MEMORIAL DAY</b>	<b>29</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>30</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>31</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C

# WorkFit

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>5</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>6</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>7</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>11</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>12</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>13</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>14</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>18</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>19</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>20</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>21</b> END OF HALF SESSION I <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>25</b> BEGIN HALF SESSION II <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>26</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>27</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>28</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C

# WorkFit

JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>3</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>4</b> No CLASS  4TH OF JULY	<b>5</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>9</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>10</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>11</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>12</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>16</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>17</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>18</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>19</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>23</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>24</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>25</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>26</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>30</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>31</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C		

# WorkFit

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>2</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>6</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>7</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>8</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>9</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>13</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>14</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>15</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>16</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>20</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>21</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>22</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>23</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C
<b>27</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>28</b> <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>29</b> <b>Strength Training</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Zumba</b> 5:15-6:00pm, Kaiser Mall 204-C	<b>30</b> END OF HALF SESSION II <b>Crazy About Core</b> 12:00-12:45pm, Kaiser Mall 204-C <b>Yoga</b> 5:15-6:00pm, Kaiser Mall 204-C