



Berkeley YMCA

April 25th - May 1st

2001 Allston Way
Berkeley, CA 94704
(510) 848-9622

	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1
5am	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 7:30pm			Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm
6am	Adult Pick Up Basketball @ PHY North Gym Staff 6am - 8am					Adult Pick Up Basketball @ PHY North Gym Staff 6am - 8am	
						Pilates Mat Mind Body Studio David Meletiche 6:15am - 7:10am	
7am	Adult Open Exercise (18+) Grace's Pool Staff 7:30am - 1pm	Adult Open Exercise (18+) Grace's Pool Staff 7:30am - 1pm	Open Lap Swim & Water Walking Lap Pool Staff 7:30am - 4:30pm	Open Lap Swim & Water Walking Lap Pool Staff 7:30am - 4:30pm	Adult Open Exercise (18+) Grace's Pool Staff 7:30am - 12pm	Adult Open Exercise (18+) Grace's Pool Staff 7:30am - 1pm	Adult Open Exercise (18+) Grace's Pool Staff 7:30am - 12pm
8am	Vinyasa Yoga Mind Body Studio Lisa Klein 8:30am - 9:25am		Body Conditioning Aerobics Studio Irene Chung 8:30am - 9:25am	Hatha Yoga Mind Body Studio David Meletiche 8:30am - 9:25am		Vinyasa Yoga Mind Body Studio David Meletiche 8:30am - 9:25am	
9am	Zumba® Gold Mind Body Studio Becca Todd 9:30am - 10:25am	Zumba® Aerobics Studio Carmen Ye 9:30am - 10:25am	Youth Basketball (\$) South Gym Staff 9am - 1pm	Family Swim Grace's Pool Staff 9am - 9:45am	Pickleball Open Play @ BERK North Gym Staff 9am - 11am	Cardio Dance Mind Body Studio Andi Kotrozo 9:30am - 10:25am	Cardio Dance Aerobics Studio Evelyn Larsen 9:30am - 10:25am
		Hatha Yoga Mind Body Studio David Meletiche 9:30am - 10:45am	Urban Kick Aerobics Studio Irene Chung 9:30am - 10:25am	Pilates Mat Mind Body Studio David Meletiche 9:30am - 10:25am	Pickleball Open Play @ BERK South Gym Staff 9am - 11am		Core & Stretch Mind Body Studio Noel Panganiban 9:30am - 10:25am
				Family Swim Grace's Pool Staff 9:45am - 10:30am	Zumba® Mind Body Studio Noel Panganiban 9:30am - 10:25am		
10am	Senior Warm-up Aerobics Studio Evelyn Larsen 10am - 10:25am	Taiji Aerobics Studio Patti Li 10:30am - 11:25am	Hip Hop Aerobics Studio Dana Mitchell 10:30am - 11:25am	7 & Up Lap Swim Lap Pool Staff 10am - 11am	Pilates Mat Mind Body Studio Becky Thomas 10:30am - 11:25am	Senior Warm-up Aerobics Studio Evelyn Larsen 10am - 10:25am	Senior Aerobics Aerobics Studio Evelyn Larsen 10:30am - 11:25am
	Senior Strength Coaching Circuit Room Evelyn Larsen 10:25am - 11am			Family Swim Grace's Pool Staff 10:30am - 11:15am	Senior Strength Aerobics Studio Katy Yates 10:30am - 11:25am	Senior Strength Coaching Circuit Room Evelyn Larsen 10:25am - 11am	
						Pilates Mat Mind Body Studio Andi Kotrozo 10:30am - 11:25am	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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11am	Water Aerobics Lap Pool Steven Wilson 11:15am - 12pm			U-JAM Fitness Aerobics Studio Antoinette Douglas 11am - 11:55am		Water Aerobics Lap Pool Steven Wilson 11:15am - 12pm	
12pm	Yoga Mind Body Studio Paul Parish 12pm - 1pm	Adult Pick Up Basketball @ PHY North Gym Staff 12pm - 2pm			Water Aerobics Grace's Pool Elena Brummel 12pm - 12:45pm	Body Conditioning Aerobics Studio Faith Sharifi 12pm - 1pm	Adult Pick Up Basketball @ PHY North Gym Staff 12pm - 2pm
	Strength Circuit Aerobics Studio Daniel Sperber 12:15pm - 1:15pm	H.I.I.T. South Gym Katy Yates 12:15pm - 1:15pm			Vinyasa Yoga Mind Body Studio Julie Anne 12pm - 1pm	Yoga Flow & Stretch Mind Body Studio Viviana Lahrs 12pm - 1pm	Yoga Flow & Stretch Mind Body Studio Viviana Lahrs 12pm - 1pm
	Women On Weights Main Level Free Weight Room Lulu Zapata 12:15pm - 1:15pm				Adult Pick Up Basketball @ PHY North Gym Staff 12pm - 2pm	Women On Weights Main Level Free Weight Room Lulu Zapata 12:15pm - 1:15pm	Water Aerobics Grace's Pool Celia Ihne 12pm - 12:45pm
1pm					(\$ Rowfit Aerobics Studio Noel Panganiban 1pm - 1:45pm		(\$ Rowfit Aerobics Studio Noel Panganiban 1pm - 1:45pm
2pm			Family Swim Grace's Pool Staff 2pm - 2:45pm				
			7 & Up Lap Swim Lap Pool Staff 2pm - 3pm				
			Family Swim Grace's Pool Staff 2:45pm - 3:30pm				
3pm		Family Swim Grace's Pool Staff 3:15pm - 4:15pm					
4pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm			7 & Up Lap Swim Lap Pool Staff 4pm - 5pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm
		Family Swim Grace's Pool Staff 4:15pm - 5:15pm				(\$ KickBoxFit Aerobics Studio Noel Panganiban 4:30pm - 5:15pm	
5pm	Zumba® Mind Body Studio Noel Panganiban 5:30pm - 6:25pm				Kickbox Strength Aerobics Studio Katy Yates 5:30pm - 6:15pm	Vinyasa Yoga Mind Body Studio Jason Schulterbrandt 5:30pm - 6:45pm	H.I.I.T Circuit South Gym Noel Panganiban 5:30pm - 6:25pm

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6pm

THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1
Strength Circuit Aerobics Studio Daniel Sperber 5:30pm - 6:25pm				Pilates Fusion Mind Body Studio Rebecca Trauscht 5:30pm - 6:25pm	Body Conditioning Aerobics Studio Noel Panganiban 5:30pm - 6:25pm	Hip Hop Aerobics Studio Dana Mitchell 5:30pm - 6:25pm
Pilates Mat Mind Body Studio Kendal Au 6:30pm - 7:25pm				Zumba® Aerobics Studio Waleska Herrera 6:30pm - 7:25pm	U-JAM Fitness Aerobics Studio Amy Lee 6:30pm - 7:25pm	Power Yoga Mind Body Studio Faith Sharifi 6:30pm - 7:45pm
				Power Yoga Mind Body Studio Faith Sharifi 6:30pm - 7:45pm		Zumba® Aerobics Studio Carmen Ye 6:30pm - 7:25pm

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