



# Downtown Berkeley YMCA

June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
<b>5am</b>	<b>Adult Lap Swimming</b> Lap Pool No Instructor 5:30am - 10pm	<b>Adult Lap Swimming</b> Lap Pool No Instructor 5:30am - 10pm	<b>Adult Lap Swimming</b> Lap Pool No Instructor 5:30am - 10pm	<b>Adult Lap Swimming</b> Lap Pool No Instructor 5:30am - 10pm			<b>Adult Lap Swimming</b> Lap Pool No Instructor 5:30am - 10pm
<b>6am</b>	<b>Group Indoor Cycling</b> Cycling Studio Darlene V. 6am - 6:55am	<b>Group Indoor Cycling</b> Cycling Studio Eden M. 6am - 6:55am	<b>Group Indoor Cycling</b> Cycling Studio Ellen C. 6am - 6:55am	<b>Group Indoor Cycling</b> Cycling Studio Marjorie M. 6am - 6:55am			<b>Body Sculpt</b> Aerobics Studio Julianne K. 6am - 7am
	<b>Sunrise BootCamp</b> North Gym Kym S. 6am - 6:55am	<b>Body Sculpt</b> Aerobics Studio SUB: Julianne K. 6am - 7am	<b>Sunrise BootCamp</b> North Gym Kym S. 6am - 6:55am	<b>Tri Yoga Flows (A)</b> Mind Body Center Pam M. 6:30am - 7:45am			<b>Group Indoor Cycling</b> Cycling Studio Marjorie M. 6am - 6:55am
	<b>Tri Yoga Flows (A)</b> Mind Body Center Pam M. 6:30am - 7:45am						
<b>7am</b>	<b>Masters Swim</b> Lap Pool Steve T. 7am - 8am	<b>Vinyasa Yoga (F)</b> Mind Body Center Viviana G. 7am - 8am	<b>Open Gym</b> North Gym Open Practice 7am - 10:45am	<b>Healthy Heart</b> North Gym SUB: Lindsay W. 7:30am - 8:20am	<b>Body Sculpt</b> Aerobics Studio SUB: Bella L. 7:15am - 7:55am	<b>Open Gym</b> North Gym No Instructor 7am - 9:25am	<b>Vinyasa Yoga (F)</b> Mind Body Center Viviana G. 7am - 8am
	<b>Open Gym</b> North Gym Open Practice 7am - 10:45am	<b>Healthy Heart</b> Aerobics Studio SUB: Julianne K. 7:30am - 8:20am	<b>Masters Swim</b> Lap Pool Steve T. 7am - 8am	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 7:30am - 10am	<b>Zumba®</b> North Gym Carah H. 7:15am - 7:55am	<b>Open Gym</b> South Gym No Instructor 7am - 11am	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 7:30am - 1pm
	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 7:30am - 10am	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 7:30am - 10am	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 7:30am - 10am	<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am	<b>Group Indoor Cycling</b> Cycling Studio Robert P. 7:30am - 8:25am	<b>Adult Lap Swimming</b> Lap Pool No Instructor 7:30am - 7:30pm	<b>Healthy Heart</b> North Gym Julianne K. 7:30am - 8:20am
	<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am	<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am	<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am		<b>Adult Lap Swimming</b> Lap Pool No Instructor 7:30am - 7:30pm	<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am	<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am
					<b>Open Gym/Free Play</b> Kindergym No Instructor 7:45am - 9am	<b>Zumba®</b> Aerobics Studio SUB: Nicole B. 7:45am - 8:40am	
<b>8am</b>	<b>Pilates</b> Mind Body Center Becky T. 8am - 8:50am	<b>Gentle Yoga (T)</b> Mind Body Center Anja B. 8:30am - 9:45am	<b>Pilates</b> Mind Body Center Becky T. 8am - 8:50am		<b>Pilates</b> Mind Body Center Sandi U. 8am - 8:55am	<b>Group Indoor Cycling</b> Cycling Studio Kym S. 8am - 8:55am	<b>Gentle Yoga (T)</b> Mind Body Center Tahil G. 8:30am - 9:45am
					<b>Zumba®</b> Aerobics Studio Carah H. 8am - 8:55am	<b>Vinyasa Yoga (F)</b> Mind Body Center Taraneh B. 8:45am - 10am	<b>NIA Dance</b> Aerobics Studio Nila R. 8:45am - 9:40am
					<b>Pilates Fundamentals</b> North Gym SUB: David M. 8am - 8:50am		

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					<b>Group Indoor Cycling</b> Cycling Studio SUB: Eden M. 8:40am - 9:35am		
<b>9am</b>	<b>Back/Core/Hips &amp; Knees</b> Aerobics Studio Evelyn L. 9am - 9:40am	<b>Adult Open Exercise</b> Shallow Pool No Instructor 9am - 10am	<b>Hatha Yoga (A)</b> Mind Body Center David M. 9am - 9:55am	<b>Adult Open Exercise</b> Shallow Pool No Instructor 9am - 10am	<b>Aqua Aerobics</b> Lap Pool STAFF TBD 9am - 10am	<b>Adult Open Exercise</b> Shallow Pool No Instructor 9am - 10:30am	<b>Aqua Aerobics</b> Lap Pool Mindy M. 9am - 10am
	<b>Adult Open Exercise</b> Shallow Pool No Instructor 9am - 10am	<b>Aqua Aerobics</b> Lap Pool SUB: Deedee L. 9am - 10am	<b>Back/Core/Hips &amp; Knees</b> Aerobics Studio Evelyn L. 9am - 9:40am	<b>Gentle Yoga (T)</b> Mind Body Center Torrey M. 9am - 10:15am	<b>Iyengar Yoga (A)</b> Mind Body Center Jessie H. 9am - 10:15am	<b>Body Sculpt</b> Aerobics Studio Kym S. 9am - 9:55am	<b>Adult Open Exercise</b> Shallow Pool No Instructor 9am - 10am
	<b>Hatha Yoga Fundamentals (A)</b> Mind Body Center Amanda N. 9am - 9:55am	<b>Cardio Dance Plus</b> Aerobics Studio Evelyn L. 9:45am - 10:55am	<b>Adult Open Exercise</b> Shallow Pool No Instructor 9am - 10am	<b>Aqua Aerobics</b> Lap Pool SUB: Deedee L. 9am - 10am	<b>Pilates</b> Aerobics Studio SUB: David M. 9am - 9:55am	<b>Group Indoor Cycling</b> Cycling Studio Robert P. 9:05am - 10am	<b>Cardio Dance Plus</b> Aerobics Studio Evelyn L. 9:45am - 10:55am
	<b>Cardio Dance</b> Aerobics Studio Andi K. 9:45am - 10:45am		<b>Zumba®</b> Aerobics Studio SUB: Elisita 9:45am - 10:45am	<b>HIIT Cycle</b> Cycling Studio Maria C. 9:30am - 10:25am	<b>Group Indoor Cycling</b> Cycling Studio Ceci B. 9:45am - 10:40am	<b>Pilates</b> North Gym David M. 9:30am - 10:25am	
				<b>Cardio Dance Plus</b> Aerobics Studio STAFF TBD 9:45am - 10:55am			
<b>10am</b>	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 8pm	<b>Reserved for Summer Camp</b> South Gym Y STAFF 10am - 11:30am	<b>Seniors Warm Up</b> Mind Body Center Evelyn or Jack 10am - 10:30am	<b>Reserved for Summer Camp</b> South Gym Y STAFF 10am - 11:30am	<b>Cardio Kickboxing</b> Aerobics Studio Irene C. 10am - 10:55am	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 7:30pm	<b>Tiny Waves</b> Shallow Pool No Instructor 10am - 10:30am
	<b>Seniors Warm Up</b> Mind Body Center Evelyn or Jack 10am - 10:30am	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 3:30pm	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 8pm	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 2pm	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 7:30pm	<b>U-JAM Fitness®</b> Aerobics Studio Amy L. 10am - 10:55am	<b>Vinyasa Yoga (F)</b> Mind Body Center Julie Anne S 10am - 11:30am
	<b>Tiny Waves</b> Shallow Pool No Instructor 10am - 10:30am		<b>Advanced Tai Chi</b> Mind Body Center John P. 10:30am - 10:55am	<b>Gentle Yoga (T)</b> Mind Body Center Jessica H. 10:30am - 11:45am	<b>Hatha Yoga Fundamentals (A)</b> Mind Body Center Alisha G. 10:30am - 11:45am	<b>Group Indoor Cycling</b> Cycling Studio Lynne T. 10:10am - 11:05am	<b>Open Gym/Free Play</b> Kindergym No Instructor 10am - 3:30pm
	<b>Beginning Tai Chi</b> Mind Body Center Jodi K. 10:30am - 11:25am					<b>Vinyasa Yoga (F)</b> Mind Body Center SUB: Carrie A. 10:15am - 11:45am	<b>Tiny Waves</b> Shallow Pool No Instructor 10:30am - 11am
	<b>Tiny Waves</b> Shallow Pool No Instructor 10:30am - 11am					<b>Reserved for Fun &amp; Fitness</b> North Gym Y STAFF 10:30am - 1pm	
						<b>Tiny Waves</b> Shallow Pool No Instructor 10:30am - 11am	

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11am	<b>Barre (REGISTRATION REQUIRED)</b> Youth Movement Studio Andi K. 11am - 11:55am	<b>Aqua Aerobics</b> Lap Pool Celia I. 11am - 11:55am	<b>Senior Aerobics</b> Aerobics Studio Evelyn L. 11am - 11:55am	<b>Tiny Waves</b> Shallow Pool No Instructor 11am - 11:30am	<b>Hip Hop</b> Aerobics Studio SUB: Antoinette D. 11am - 11:55am	<b>Zumba®</b> Aerobics Studio SUB: Rupert G. 11am - 11:55am	<b>Intermediate Circuit</b> North Gym Joy F. 11am - 12pm
	<b>Body Sculpt</b> Aerobics Studio Carah H. 11am - 11:55am	<b>Tiny Waves</b> Shallow Pool No Instructor 11am - 11:30am	<b>Reserved for Summer Camp</b> South Gym Y STAFF 11am - 12pm	<b>Aqua Aerobics</b> Lap Pool Celia I. 11am - 11:55am	<b>Reserved for Fun &amp; Fitness</b> North Gym Y STAFF 11am - 1pm	<b>Tiny Waves</b> Shallow Pool No Instructor 11am - 11:30am	<b>Aqua Aerobics</b> Lap Pool Genevieve D. 11am - 12pm
	<b>Aqua Aerobics</b> Lap Pool SUB: Genevieve D. 11am - 11:55am	<b>Barre (REGISTRATION REQUIRED)</b> Youth Movement Studio Andi K. 11am - 11:55am	<b>Traditional Tai Chi</b> Mind Body Center John P. 11am - 12pm	<b>Tiny Waves</b> Shallow Pool No Instructor 11:30am - 12pm		<b>Tiny Waves</b> Shallow Pool No Instructor 11:30am - 12pm	<b>Reserved for Summer Camp</b> South Gym Y STAFF 11am - 12pm
	<b>Reserved for Summer Camp</b> South Gym Y STAFF 11am - 12pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 11:30am - 1pm	<b>Intermediate Circuit</b> North Gym Joy F. 11am - 12pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 11:30am - 1pm			<b>Senior Aerobics</b> Aerobics Studio Evelyn L. 11am - 11:55am
	<b>Tai Chi</b> Mind Body Center Jodi K. 11:30am - 12pm	<b>Tiny Waves</b> Shallow Pool No Instructor 11:30am - 12pm	<b>Aqua Aerobics</b> Lap Pool Celia I. 11am - 11:55am				
12pm	<b>Reserved for Summer Camp</b> South Gym Y STAFF 12pm - 1pm	<b>High Intensity Interval Training (HIIT)</b> Aerobics Studio Katy M. 12pm - 12:55pm	<b>Zumba®</b> Aerobics Studio Heidi A. 12pm - 12:55pm	<b>Vinyasa Yoga (F)</b> Mind Body Center SUB: Viviana G. 12pm - 1pm	<b>Advanced Vinyasa Yoga (F)</b> Mind Body Center Jessica H 12pm - 1:30pm	<b>Family Yoga - Ages 4-9</b> Mind Body Center CLASS CANCELLED 12pm - 12:45pm	<b>Pilates</b> Mind Body Center Leslie O. 12pm - 12:55pm
	<b>Zumba®</b> Aerobics Studio Carah H. 12pm - 12:55pm	<b>Adult Open Exercise</b> Shallow Pool No Instructor 12pm - 1pm	<b>Deep Water Aerobics</b> Grace's Pool Celia I. 12:05pm - 12:55pm	<b>Water Pilates</b> Lap Pool Elena B. 12pm - 12:45pm	<b>Shotokan Karate</b> Aerobics Studio Shotokan Volunteer 12pm - 1:45pm	<b>Tiny Waves</b> Shallow Pool No Instructor 12pm - 12:30pm	<b>Urban Kick &amp; HIIT</b> Aerobics Studio Kym S. 12pm - 12:55pm
	<b>Group Indoor Cycling</b> Cycling Studio Ceci C. 12:05pm - 1pm	<b>Pilates</b> Youth Movement Studio Andi K. 12pm - 12:55pm	<b>Group Indoor Cycling</b> Cycling Studio Laura D. 12:05pm - 1pm	<b>High Intensity Interval Training (HIIT)</b> Aerobics Studio Rashad H. 12pm - 12:55pm		<b>Adult Open Exercise</b> Shallow Pool No Instructor 12:30pm - 2:30pm	<b>Group Indoor Cycling</b> Cycling Studio SUB: Lynne T. 12:05pm - 1pm
	<b>Deep Water Aerobics</b> Grace's Pool Celia I. 12:05pm - 12:55pm	<b>Water Pilates</b> Lap Pool Genevieve D. 12pm - 12:45pm	<b>Adult Basketball</b> North Gym No Instructor 12:15pm - 2:15pm	<b>Group Indoor Cycling</b> Cycling Studio Ceci B. 12:05pm - 1pm			<b>Adult Basketball</b> North Gym No Instructor 12:15pm - 2:15pm
	<b>Adult Basketball</b> North Gym No Instructor 12:15pm - 2:15pm	<b>Iyengar Yoga (A)</b> Mind Body Center SUB: Ann F 12pm - 1pm	<b>Vinyasa Yoga (F)</b> Mind Body Center CANCELED TODAY 12:30pm - 1:45pm	<b>Adult Basketball</b> North Gym No Instructor 12:15pm - 2:15pm			

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	<b>Restorative Yoga (T)</b> Mind Body Center Nancy L. 12:30pm - 1:45pm	<b>Group Indoor Cycling</b> Cycling Studio Inka G. 12:05pm - 1pm					
		<b>Adult Basketball</b> North Gym No Instructor 12:15pm - 2:15pm					
<b>1pm</b>	<b>Aqua Tai-Chi</b> Grace's Pool Celia I. 1pm - 1:45pm	<b>Gentle Deep Water Aerobics</b> Grace's Pool Genevieve D. 1pm - 1:45pm	<b>Adult Open Exercise</b> Shallow Pool No Instructor 1pm - 2pm	<b>Gentle Deep Water Aerobics</b> Grace's Pool STAFF TBD 1pm - 1:45pm		<b>Open Gym</b> North Gym Open Practice 1pm - 4pm	<b>Adult Open Exercise</b> Shallow Pool No Instructor 1pm - 2pm
	<b>Adult Open Exercise</b> Shallow Pool No Instructor 1pm - 2pm	<b>Mind Body Center Open Practice</b> Mind Body Center No Instructor 1:15pm - 2:45pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 1pm - 2:30pm	<b>Mind Body Center Open Practice</b> Mind Body Center No Instructor 1:15pm - 2:45pm			<b>Water Fitness</b> Grace's Pool Celia I. 1pm - 1:55pm
							<b>Mind Body Center Open Practice</b> Mind Body Center No Instructor 1:15pm - 2:45pm
<b>2pm</b>	<b>Open Gym</b> South Gym No Instructor 2pm - 3:30pm	<b>Family Swim</b> Shallow Pool No Instructor 2pm - 3pm	<b>Family Swim</b> Shallow Pool No Instructor 2pm - 3pm	<b>Gentle Shallow Water Aerobics</b> Grace's Pool Celia I. 2pm - 2:55pm		<b>Family Swim</b> Grace's Pool No Instructor 2:30pm - 3:15pm	<b>Family Swim</b> Shallow Pool No Instructor 2pm - 3pm
	<b>Mind Body Center Open Practice</b> Mind Body Center No Instructor 2pm - 4:30pm	<b>Gentle Shallow Water Aerobics</b> Grace's Pool Celia I. 2pm - 2:55pm	<b>Mind Body Center Open Practice</b> Mind Body Center No Instructor 2pm - 4:30pm	<b>Adult Open Exercise</b> Shallow Pool No Instructor 2:45pm - 4pm		<b>Family Swim</b> Shallow Pool No Instructor 2:30pm - 3:15pm	<b>Gentle Shallow Water Aerobics</b> Grace's Pool Celia I. 2pm - 2:55pm
	<b>Family Swim</b> Shallow Pool No Instructor 2pm - 3pm		<b>Open Gym</b> South Gym No Instructor 2pm - 3:30pm				
<b>3pm</b>	<b>Teen Hoops</b> Aerobics Studio No Instructor 3pm - 4:50pm	<b>Teen Hoops</b> South Gym No Instructor 3pm - 5:30pm	<b>Family Swim</b> Grace's Pool No Instructor 3pm - 3:45pm	<b>Iyengar Yoga (A)</b> Mind Body Center SUB: Leslie O. 3pm - 4:30pm	<b>Family Swim</b> Grace's Pool No Instructor 3pm - 4pm	<b>Family Swim</b> Grace's Pool No Instructor 3:15pm - 4pm	<b>Teen Hoops</b> South Gym No Instructor 3pm - 5:30pm
	<b>Family Swim</b> Grace's Pool No Instructor 3pm - 3:45pm	<b>Tri Yoga Flows (A)</b> Mind Body Center Pam M. 3pm - 4:25pm	<b>Teen Hoops</b> South Gym No Instructor 3pm - 5:30pm	<b>Teen Hoops</b> South Gym No Instructor 3pm - 5:30pm		<b>Family Swim</b> Shallow Pool No Instructor 3:20pm - 4:05pm	<b>Family Swim</b> Grace's Pool No Instructor 3pm - 3:45pm
	<b>Teen Hoops</b> Aerobics Studio No Instructor 3:30pm - 4:50pm	<b>Family Swim</b> Grace's Pool No Instructor 3pm - 3:45pm				<b>Iyengar Yoga (A)</b> Mind Body Center SUB: Carrie A. 3:45pm - 5pm	<b>Iyengar Yoga (A)</b> Mind Body Center Nancy L. 3pm - 4:25pm
	<b>Teen Hoops</b> South Gym No Instructor 3:30pm - 4:50pm	<b>Reserved for Swim &amp; Gym</b> Kindergym Y STAFF 3:45pm - 5:15pm					

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4pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 4pm - 5pm	<b>Chi Gung</b> Mind Body Center SUB: John P. 4:30pm - 5:25pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 4pm - 5pm	<b>Family Swim</b> Shallow Pool No Instructor 4pm - 5pm	<b>Family Swim</b> Grace's Pool No Instructor 4pm - 5pm	<b>Adult Volleyball</b> North Gym Coach AJ 4pm - 7:30pm	<b>Prenatal Yoga</b> Mind Body Center Amanda N. 4:30pm - 5:25pm
	<b>Pilates</b> Mind Body Center SUB: David M. 4:30pm - 5:25pm	<b>Body Sculpt</b> Aerobics Studio Noel P 4:40pm - 5:25pm	<b>Bombay Jam</b> Aerobics Studio Shraddha G. 4:30pm - 5:25pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 4pm - 7pm	<b>Family Swim</b> Shallow Pool No Instructor 4pm - 4:35pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 4pm - 6pm	<b>Body Sculpt</b> Aerobics Studio Carah H. 4:40pm - 5:25pm
	<b>Urban Kick</b> Aerobics Studio Madisyn O. 4:40pm - 5:25pm		<b>Pilates</b> Mind Body Center Paul P. 4:30pm - 5:25pm	<b>Body Sculpt</b> Aerobics Studio Susan Sternberg 4:40pm - 5:25pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 4pm - 5:30pm	<b>Family Swim</b> Shallow Pool No Instructor 4:10pm - 4:55pm	
					<b>Open Gym</b> South Gym Open Practice 4:30pm - 7:30pm	<b>Open Gym</b> South Gym Open Practice 4:10pm - 7:30pm	
					<b>Family Swim</b> Shallow Pool No Instructor 4:40pm - 5:15pm		
5pm	<b>Youth Basketball (Registration Required)</b> South Gym Y STAFF 5pm - 6:15pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 5pm - 6pm	<b>Hatha Yoga (F)</b> North Gym Jason S 5:10pm - 6:25pm	<b>Reserved for Childwatch</b> Kindergym No Instructor 5pm - 8pm	<b>Open Gym</b> North Gym No Instructor 5pm - 7:30pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 5pm - 7pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 5pm - 6pm
	<b>Vinyasa Yoga (F)</b> North Gym Lisa K. 5:10pm - 6:25pm	<b>Open Gym/Free Play</b> Kindergym No Instructor 5:15pm - 8pm	<b>Urban Kick &amp; H I I T</b> Aerobics Studio Anne M. 5:30pm - 6:25pm	<b>7-up Lap Swim</b> Lap Pool No Instructor 5:30pm - 7:30pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 5pm - 7pm	<b>Iyengar Yoga (A)</b> Mind Body Center SUB: Carrie A. 5:15pm - 6:25pm	<b>Open Gym/Free Play</b> Kindergym No Instructor 5:15pm - 8pm
	<b>Zumba®</b> Aerobics Studio Noel P 5:30pm - 6:25pm	<b>Group Games, Ages 6-12</b> South Gym Y STAFF 5:30pm - 6:25pm	<b>Group Indoor Cycling</b> Cycling Studio Kym S. 5:30pm - 6:25pm	<b>Hip Hop</b> Aerobics Studio SUB: Tati A. 5:30pm - 6:25pm	<b>Family Swim</b> Shallow Pool No Instructor 5:20pm - 5:55pm		<b>Youth Capoeira, 6-9yo</b> North Gym Helio C. 5:30pm - 6:25pm
	<b>Group Indoor Cycling</b> Cycling Studio Robert P. 5:30pm - 6:25pm	<b>Pilates</b> Mind Body Center Erica K. 5:30pm - 6:25pm					<b>Group Indoor Cycling</b> Cycling Studio Eden M. 5:30pm - 6:25pm
		<b>Group Indoor Cycling 30 Minute Express</b> Cycling Studio Katy M. 5:30pm - 6pm					<b>Pilates</b> Mind Body Center SUB: Paul P. 5:30pm - 6:25pm
		<b>Hip Hop</b> Aerobics Studio Tati A. 5:30pm - 6:25pm					<b>Dance Groove</b> Aerobics Studio Alexander B. 5:30pm - 6:25pm

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		<b>Barre (REGISTRATION REQUIRED)</b> Youth Movement Studio SUB: Ceci B. 5:35pm - 6:30pm					
<b>6pm</b>	<b>Iyengar Yoga (A)</b> Mind Body Center Nancy L. 6pm - 7:15pm	<b>Group Indoor Cycling 30 Minute Express</b> Cycling Studio Katy M. 6:05pm - 6:35pm	<b>Vinyasa Yoga- Slow Flow</b> Mind Body Center Bella L. 6:15pm - 7:30pm	<b>Family Swim</b> Shallow Pool No Instructor 6pm - 7pm	<b>Adult Open Exercise</b> Shallow Pool No Instructor 6pm - 7pm	<b>Mindful Meditation</b> Mind Body Center Roopa R. 6:30pm - 7:30pm	<b>Family Swim</b> Shallow Pool No Instructor 6:20pm - 6:50pm
	<b>Family Swim</b> Shallow Pool No Instructor 6:20pm - 6:50pm	<b>Family Swim</b> Shallow Pool No Instructor 6:20pm - 6:50pm	<b>Family Swim</b> Shallow Pool No Instructor 6:20pm - 6:50pm	<b>Pilates</b> Mind Body Center Paul P. 6pm - 7pm			<b>Youth Capoeira, 10-12yo</b> North Gym Helio C. 6:25pm - 7:25pm
	<b>Aqua Aerobics</b> Lap Pool Lindsey V 6:30pm - 7:30pm	<b>Cardio Dance</b> North Gym Teresa T. 6:30pm - 7:25pm	<b>Aqua Aerobics</b> Lap Pool Deedee L. 6:30pm - 7:30pm	<b>Ballroom Dancing (REGISTRATION REQUIRED)</b> Aerobics Studio Brandee S. 6:30pm - 7:30pm			<b>Zumba®</b> Aerobics Studio Carah H. 6:30pm - 7:25pm
	<b>High Intensity Interval Training (HIIT)</b> Aerobics Studio Noel P 6:30pm - 7:25pm	<b>High Intensity Interval Training (HIIT)</b> Aerobics Studio Shola O. 6:30pm - 7:25pm	<b>Body Sculpt</b> Aerobics Studio SUB: Madisyn O. 6:30pm - 7:25pm				<b>Hatha Yoga (A)</b> Mind Body Center Alisha G. 6:35pm - 7:45pm
	<b>Pilates Fundamentals</b> North Gym Paul P. 6:35pm - 7:25pm	<b>Prenatal+Postnatal Yoga</b> Mind Body Center CLASS CANCELLED 6:30pm - 7:30pm	<b>Group Indoor Cycling</b> Cycling Studio Robert P. 6:30pm - 7:25pm				<b>Family Swim</b> Shallow Pool No Instructor 6:55pm - 7:25pm
	<b>Family Swim</b> Shallow Pool No Instructor 6:55pm - 7:25pm	<b>High Intensity Barre (REGISTRATION REQUIRED)</b> Youth Movement Studio Bruce A. 6:35pm - 7:30pm	<b>Family Swim</b> Grace's Pool No Instructor 6:55pm - 7:25pm				<b>Family Swim</b> Grace's Pool No Instructor 6:55pm - 7:25pm
	<b>Family Swim</b> Grace's Pool No Instructor 6:55pm - 7:25pm	<b>Family Swim</b> Grace's Pool No Instructor 6:55pm - 7:25pm	<b>Family Swim</b> Shallow Pool No Instructor 6:55pm - 7:25pm				
		<b>Family Swim</b> Shallow Pool No Instructor 6:55pm - 7:25pm					
<b>7pm</b>	<b>Shotokan Karate</b> South Gym Shotokan Volunteer 7pm - 8:35pm	<b>Open Rec Swim</b> Grace's Pool No Instructor 7:30pm - 8:30pm	<b>Shotokan Karate</b> South Gym Shotokan Volunteer 7pm - 8:35pm	<b>Adult Open Exercise</b> Shallow Pool No Instructor 7pm - 8pm			<b>Adult Basketball</b> North Gym Open Practice 7:30pm - 10pm

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.



**Downtown Berkeley YMCA**  
June 25th - July 1st

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

	<b>TUE 25</b>	<b>WED 26</b>	<b>THU 27</b>	<b>FRI 28</b>	<b>SAT 29</b>	<b>SUN 30</b>	<b>MON 1</b>
	<b>Hip Hop</b> Aerobics Studio Tati A. 7:30pm - 8:25pm	<b>Adult Basketball</b> South Gym Open Practice 7:30pm - 10pm	<b>Advanced Volleyball</b> North Gym Coach Jathan 7:30pm - 10pm	<b>Family Swim</b> Grace's Pool No Instructor 7pm - 8pm			<b>Step and Sculpt</b> Aerobics Studio Susan Sternberg 7:30pm - 8:25pm
	<b>Restorative Yoga (T)</b> Mind Body Center Nancy L. 7:30pm - 8:45pm	<b>U-JAM Fitness ®</b> Aerobics Studio Antoinette D. 7:30pm - 8:25pm	<b>Latin Fusion</b> Aerobics Studio Elisita C. 7:30pm - 8:25pm	<b>Ballroom Dancing (REGISTRATION REQUIRED)</b> Aerobics Studio Brandee S. 7:30pm - 8:30pm			<b>Open Rec Swim</b> Grace's Pool No Instructor 7:30pm - 8:30pm
	<b>Deep Water Aerobics</b> Grace's Pool Anna Maria G. 7:30pm - 8:30pm	<b>Hatha Yoga (F)</b> Mind Body Center Jason S 7:35pm - 9pm	<b>Deep Water Aerobics</b> Grace's Pool Anna Maria G. 7:30pm - 8:30pm				<b>Open Gym</b> South Gym No Instructor 7:30pm - 10pm
	<b>Adult Volleyball</b> North Gym Coach Jathan 7:30pm - 10pm						
<b>8pm</b>	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 8:30pm - 9:30pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 8:30pm - 9:30pm	<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 8:30pm - 9:30pm	<b>Open Rec Swim</b> Grace's Pool No Instructor 8pm - 9pm			<b>Adult Open Exercise/Lap Swim</b> Grace's Pool No Instructor 8:30pm - 9:30pm
	<b>Adult Volleyball</b> South Gym Coach Jathan 8:40pm - 10pm		<b>Adult Volleyball</b> South Gym Coach Jathan 8:40pm - 10pm				

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