

BERKELEY IRONWORKS

July 2009



Non-members– Drop-in fees for classes are \$12
Classes are first-come/first-serve

Pilates classes taught by Anya Schmidt / Kendal Au
Cardio Boxing classes are taught by Victor / Pat Ross (Mon)
Cardio Kick-Boxing is taught by Kristin Rios
Abs class is taught by John Downey
Full Body is taught by John Downey
CrossFit class taught by Maximus Lewin

M/W/F 6am-10pm, T/Th 6am-11pm, S&Su 9am-8pm

Inquire at
front desk about
personal training

CYCLING INSTRUCTORS

Mondays

6:30-7:30am -Nathan Trueblood
5:30-6:30pm -Wendy Georges
6:45-7:45pm -Bob Boggs

Tuesdays

6:30-7:30am -Laura Walpert
12:00-1:00pm -Alan Sklansky

Wednesdays

6:30-7:30am -Marc Trotz
5:30-6:30pm -Lisa Stefke

Thursdays

5:30-7:00pm -Pat Ross (Advanced)

Fridays

6:00-7:30am -Wendy Georges
1:00-2:00pm -Becky Ackerman

YOGA INSTRUCTORS

Mondays

11:45am-1:00pm- Raven -Hatha Flow
7:45-9:30pm- Lori Regler -Ashtanga

Tuesdays

6:15-7:45am- Sandra -Vinyasa
8:00-9:00am- Sandra -Beginning
7:45-9pm- Julie Rappaport - Hatha Flow

Wednesdays

12:00-1:00pm- Baxter Bell -Vinyasa
7:00-8:15pm- Ruslan Bilorusets -Vinyasa

Thursdays

6:30-7:45am- Sandra -Iyengar based
11:45-1:00pm- Sandra -Iyengar based
7:45-9:00pm- Sadie -Yoga Tune Up

Fridays

7:30am- 8:45am- Sandra -Iyengar based
11:45am-1pm- Baxter Bell -Iyengar based
6:00pm- 7:30- Matt Champoux -Ashtanga

Saturdays

9:15-10:30am- Sarah Jaeger -Vinyasa

Sunday

9:15-10:30am- Karen Schneider -Vinyasa

WED	THU	FRI	SAT
1 Indoor Cycling: 6:30-7:30am; 5:30-6:30pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	2 Indoor Cycling: 5:30-7:00pm (adv) Yoga: 6:30am; 11:45am; 7:45pm Cardio Boxing: 6:30pm Pilates: 8:00am Abs Class:5:00 & 5:45pm Full Body: 1-2pm	3 NO CLASSES GYM OPEN REGULAR HOURS WOMEN'S NIGHT	4 GYM CLOSED
5 Yoga: 9:15am CrossFit: Noon; 1pm (Adv) Parents Belay: 10am	6 Indoor Cycling 6:30-7:30am; 5:30-6:30pm; 6:45-7:45pm Yoga: 11:45am; 7:45pm Pilates: 8:00am Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	10 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm	11 Yoga: 9:15am Parents Belay: 10am
12 Yoga: 9:15am CrossFit: Noon; 1pm (Adv) Parents Belay: 10am CPR Class 2:15-8pm Sign up @ Front Desk	13 Indoor Cycling 6:30-7:30am; 5:30-6:30pm; 6:45-7:45pm Yoga: 11:45am; 7:45pm Pilates: 8:00am Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	17 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm	18 Yoga: 9:15am CrossFit: 11am, 12 noon Parents Belay: 10am
19 Yoga: 9:15am CrossFit: Noon; 1pm (Adv) Parents Belay: 10am	20 Indoor Cycling 6:30-7:30am; 5:30-6:30pm; 6:45-7:45pm Yoga: 11:45am; 7:45pm Pilates: 8:00am Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	22 Indoor Cycling: 6:30-7:30am; 5:30-6:30pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	24 TBS5 @ Mission Cliffs Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm
26 Yoga: 9:15am CrossFit: Noon; 1pm (Adv) Parents Belay: 10am	27 Indoor Cycling 6:30-7:30am; 5:30-6:30pm; 6:45-7:45pm Yoga: 11:45am; 7:45pm Pilates: 8:00am Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	28 Indoor Cycling: 6:30-7:30am; 12-1pm Yoga: 6:15am; 8:00am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm Abs Class: 5:00 & 5:45pm Full Body: 12-1pm ALTMAN IN WEIGHTROOM 6-10pm	25 Yoga: 9:15am CrossFit: 11am, 12 noon Parents Belay: 10am
29 Indoor Cycling: 6:30-7:30am; 5:30-6:30pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	30 Indoor Cycling: 5:30-7:00pm (adv) Yoga: 6:30am; 11:45am; 7:45pm Cardio Boxing: 6:30pm Pilates: 8:00am Abs Class:5:00 & 5:45pm Full Body: 1-2pm	31 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm	MEMBER GUEST DAY