


BERKELEY IRONWORKS

FEBRUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 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	2 Dr. Lelke Night 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: 12 noon, 5:00 & 5:45pm ALTMAN IN WEIGHTROOM 6-10pm	3 Indoor Cycling: 6:30-7:30am; 5:30-7:00pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	4 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	5 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm WOMEN'S NIGHT	6 Indoor Cycling: 7-9am Yoga: 9:15am CrossFit: 12 noon, 1pm Parents Belay: 10am
7 Yoga: 9:15am CrossFit: 11am, 12 noon Parents Belay: 10am	8 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	9 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: 12 noon, 5:00 & 5:45pm ALTMAN IN WEIGHTROOM 6-10pm	10 Indoor Cycling: 6:30-7:30am; 5:30-7:00pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	11 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	12 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm	13 Indoor Cycling: 7-9am Yoga: 9:15am, 10:45am CrossFit: 12 noon, 1pm Parents Belay: 10am CPR Class 2:15-8pm Sign up @ Front Desk
14 Yoga: 9:15am CrossFit: 11am, 12 noon Parents Belay: 10am	15 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	16 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: 12 noon, 5:00 & 5:45pm ALTMAN IN WEIGHTROOM 6-10pm	17 Indoor Cycling: 6:30-7:30am; 5:30-7:00pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	18 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	19 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm COLLEGE STUDENT NIGHT	20 Indoor Cycling: 7-9am Yoga: 9:15am, 10:45am CrossFit: 12 noon, 1pm Parents Belay: 10am
21 Yoga: 9:15am CrossFit: 11am, 12 noon Parents Belay: 10am	22 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	23 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: 12 noon, 5:00 & 5:45pm ALTMAN IN WEIGHTROOM 6-10pm	24 Indoor Cycling: 6:30-7:30am; 5:30-7:00pm Yoga: 12 Noon; 7:00pm CrossFit: 5pm, 6pm Cardio-Kick Boxing: 1pm Pick-up Basketball 7pm	25 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	26 Indoor Cycling: 6-7:30am; 1-2pm Yoga: 7:30am; 11:45am, 6:00pm Cardio-Kick Boxing: 1pm Cardio Boxing 7:45pm FREE MEMBER GUEST NIGHT	27 Indoor Cycling: 7-9am Yoga: 9:15am, 10:45am CrossFit: 12 noon, 1pm Parents Belay: 10am
28 Yoga: 9:15am CrossFit: 11am, 12 noon Parents Belay: 10am						

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 / Ernest (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 - Gabrielle Morris
 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
 5:30-7:00pm - Lisa Stefke
Thursdays
 5:30-7:00pm - Pat Ross (Advanced)
Fridays
 6:00-7:30am - Wendy Georges
 1:00-2:00pm - Becky Ackerman
Saturdays
 7:00-9:00am - TBA

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 - Sandra - Iyengar based
 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 Nidy - Vinyasa
 10:45-12noon - Sarah Nidy - Vinyasa (2-13)
Sunday
 9:15-10:30am - Karen Schneider - Vinyasa