

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

### YOGA INSTRUCTORS

#### Mondays

11:45am-1:00pm– Raven –Hatha Flow  
7:45-9:15pm– Lori -Ashtanga

#### Tuesdays

7:45-9:00am– Sandra -Iyengar based  
7:45-9pm– Rulick -Vinyasa

#### Wednesdays

12:00-1:00pm– Baxter Bell -Vinyasa  
7:00-8:15pm– Julie - Hatha Flow

#### Thursdays

11:45-1:00pm– Sandra -Iyengar based  
7:45-9:00pm– Rulick -Yoga for Climbers

#### Fridays

7:45-9:00am– Sandra -Iyengar based  
11:45am-1pm– Baxter -Iyengar based  
6:00pm- 7:30– Lori/Craig - Ashtanga

#### Saturdays

9:15-10:30am– Sharon -Vinyasa  
10:40-12noon– Melissa -Vinyasa

#### Sunday

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

### INTRO TO CLIMBING CLASSES

M-F: 4:30PM, 6PM & 7:30PM

S/S: 11:30AM, 1PM & 3PM

### PARENT'S BELAY

S/S: 11:30AM

### CYCLING INSTRUCTORS

#### Mondays

6:30-7:30am - Becky Ackerman  
5:30-6:30pm - Wendy Georges

#### Tuesdays

6:30-7:30am – Gail Hotten  
12:00-1:00pm – Bob Boggs

#### Wednesdays

6:30-7:30am – Marc Trotz  
5:30-6:30pm – Pat Ross

#### Thursdays

6:30-7:30 am - Gabrielle Morris  
5:30-7:00pm – Lisa Stefke

#### Fridays

6:00-7:30am – Wendy Georges  
1:00-2:00pm –Courtenay Redis


#### Saturdays

7-9am – Wendy Georges

# BERKELEY IRONWORKS JANUARY 2011



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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 	<b>2</b> TBodyCond 6:30am <b>Indoor Cycling: 9-10:30AM; NO EVENING CLASS</b> Yoga: 11:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	<b>3</b> Core Class: Noon Indoor Cycling: 6:30am; 12pm Yoga: 7:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm <small>ALTMAN IN WEIGHTROOM 6-10pm</small>	<b>4</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: Noon; 7:00pm Cardio-Kick Boxing: 1pm	<b>5</b> Core Class: 1-2pm Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am, 7:45pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm	<b>6</b> TBodyCond 6:30am Indoor Cycling: 6am; 1pm Yoga: 7:45am; 11:45am, 6:00pm Bootcamp: 1pm  <b>WOMEN'S NIGHT</b>	<b>7</b> Yoga: 9:15am, 10:40am
<b>8</b> Yoga: 9:15am  <b>BOULDERING CLINIC W/ RYAN 3PM-4:30PM</b>	<b>9</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	<b>10</b> Core Class: Noon Indoor Cycling: 6:30am; 12pm Yoga: 7:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm <small>ALTMAN IN WEIGHTROOM 6-10pm</small>	<b>11</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: Noon; 7:00pm Cardio-Kick Boxing: 1pm	<b>12</b> Core Class: 1-2pm Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am, 7:45pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm	<b>13</b> TBodyCond 6:30am Indoor Cycling: 6am; 1pm Yoga: 7:45am; 11:45am, 6:00pm Bootcamp: 1pm  <b>COLLEGE STUDENT NIGHT</b>	<b>14</b> Yoga: 9:15am, 10:40am
<b>15</b> Yoga: 9:15am  <b>BEG TECHNIQUE W/ CHRIS 1-2PM</b>  <b>LEAD CLINIC W/ JEFFREY 6-8PM</b>	<b>16</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	<b>17</b> Core Class: Noon Indoor Cycling: 6:30am; 12pm Yoga: 7:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm <small>ALTMAN IN WEIGHTROOM 6-10pm</small>	<b>18 FREE Sports Med 7-8pm*</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: Noon; 7:00pm Cardio-Kick Boxing: 1pm	<b>19</b> Core Class: 1-2pm Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am, 7:45pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm	<b>20</b> TBodyCond 6:30am Indoor Cycling: 6am; 1pm Yoga: 7:45am; 11:45am, 6:00pm Bootcamp: 1pm	<b>21</b> Yoga: 9:15am, 10:40am  <b>OUTDOOR CLINIC ROCK 1 W/DAVE 9AM-4PM</b>
<b>22</b> Yoga: 9:15am  <b>OUTDOOR CLINIC ROCK 2 W/DAVE 9AM-4PM</b>  <b>BEG TECHNIQUE W/ CHRIS 1-2PM</b>	<b>23</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	<b>24</b> Core Class: Noon Indoor Cycling: 6:30am; 12pm Yoga: 7:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm <small>ALTMAN IN WEIGHTROOM 6-10pm</small>	<b>25</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: Noon; 7:00pm Cardio-Kick Boxing: 1pm	<b>26</b> Core Class: 1-2pm Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am, 7:45pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm	<b>27</b> TBodyCond 6:30am Indoor Cycling: 6am; 1pm Yoga: 7:45am; 11:45am, 6:00pm Bootcamp: 1pm  <b>MEMBER GUEST NIGHT</b>	<b>28</b> Yoga: 9:15am, 10:40am  <b>TBS7 FINALE @ THE STUDIO</b>
<b>29</b> Yoga: 9:15am  <b>BEG TECHNIQUE W/ CHRIS 1-2PM</b>	<b>30</b> TBodyCond 6:30am Indoor Cycling: 6:30am; 5:30pm Yoga: 11:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm	<b>31</b> Core Class: Noon Indoor Cycling: 6:30am; 12pm Yoga: 7:45am; 7:45pm Cardio-Kick Boxing: 1pm Cardio Boxing: 6:30pm Deep Core Strength: 5:00 & 5:45pm <small>ALTMAN IN WEIGHTROOM 6-10pm</small>	<div style="background-color: red; color: white; padding: 10px; border-radius: 15px;"> <p>All Classes are 1HR unless noted below</p> <p>Total Body Conditioning (TBC) taught by Mary Rocha - 45MIN</p> <p>Cardio Boxing taught by Ernest (M) / Victor (T/TH) 1 HR 15MIN</p> <p>Cardio Kick-Boxing taught by Kristin Rios</p> <p>Deep Core Strength taught by Pat Ross - 45MIN</p> <p>Core class taught by Soji Odukogbe</p> <p>Bootcamp taught by Kristin Rios</p> </div>			



# HAPPENINGS JANUARY 2012

Day	Time	What	Where	Cost	People	Description
1st	All Day	Gym Closed	Berkeley Ironworks	N/A	N/A	Have a great new year!
2nd	Evening	No evening cycling classes	Berkeley Ironworks	15	N/A	There are no evening cycling classes, enjoy your only am class starting at 9:00am!
6th	3-10P	Women's Night	Berkeley Ironworks	15	N/A	Women can climb for the half-day rate, a savings of \$5.
8th	3-4:30P	Bouldering Clinic w/ Ryan Moon	Berkeley Ironworks	45/50	2-6	Learn advanced technique, better footwork and training tips.
13th	3-10P	College Student Night	Berkeley Ironworks	15	N/A	Students can climb for the half-day rate, a savings of \$5.
15th	1-2P	Beginning Technique w/ Chris Ahlgren	Berkeley Ironworks	25/65	2-6	Basic foot and hand techniques and terminology (must know how to belay). \$25 for one class, or all three for only \$65!!!
15th	6-8P	Lead Clinic w/ Jeffery Kosoff	Berkeley Ironworks	45/50	2-6	Learn strategies and techniques for maximizing climbing specific strength to take you to the next level.
18th	7-8P	Free Sports Medicine with Dr. Johanna	Berkeley Ironworks	FREE	2-6	Free sports injury consultations and Graston/ A.R.T. muscle work with Dr. Johanna from Sports Chiropractic Clinic in Berkeley. First come first served.
21st	9A-4P	Rock 1 @ Cragmont with Dave Altman	Cragmont	80/90	2-6	Basic anchors, knots, rappelling, self-rescue and tons of climbing. 3rd Saturday of the month.
22nd	9A-4P	Rock 2 @ Cragmont with Dave Altman	Cragmont	80/90	2-6	Advanced anchors, gear placement technique and intro to leading. 3rd Sunday of the month (Take Rock 1&2 together and save - \$150/\$170)
22nd	1-2P	Beginning Technique w/ Chris Ahlgren	Berkeley Ironworks	25/65	2-6	Basic foot and hand techniques and terminology (must know how to belay). \$25 for one class, or all three for only \$65!!!
27th	3-10P	Member Guest Day	Berkeley Ironworks	FREE	N/A	Members can bring in one free guest!
28th	12:00P	TBS7 Finale	The Studio	Free/10	N/A	The finale comp is free to members and only \$10 for guests! Get psyched to see our new gym in San jose!
29th	1-2P	Beginning Technique w/ Chris Ahlgren	Berkeley Ironworks	25/65	2-6	Basic foot and hand techniques and terminology (must know how to belay). \$25 for one class, or all three for only \$65!!!

Private Instruction for groups or individuals also available upon request.  
Sign up and ask for details at the Front Desk