First Steps to Functional Fitness (BEUHS618)
Fri 2/6 or 5/1; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Cori Evans, MA, NSCA
The journey to health begins with the **first step**. This introduction to the Get Fit in 7 Minutes workshop, will provide participants with the tools to design a sustainable and fun exercise plan, while learning how to safely execute the top 10 exercises for a complete strength and flexibility training routine. Participants will receive a band and guide for different types of workout routines.

Get Fit in 7 Minutes (BEUHS652)
Thu 2/12 or Tue 5/5; 12:10 - 1:00 pm, Tang Ed Center
Instructor: Cori Evans, MA, NSCA
Come and learn how a **High Intensity Circuit Training (H.I.C.T.)** workout in just 7 minutes using your body weight, a chair and wall, can help you maximize your time and workout space. According to the American College of Sports Medicine, the combination of aerobic and resistance training in a high-intensity, limited-rest design can deliver numerous health benefits in much less time than traditional programs.
**Prerequisite:** All first time or returning exercisers are encouraged to register for First Steps to Functional Fitness prior to attending this workshop.

Dancing for Fun and Fitness (BEUHS605)
Fri 1/30, 2/20, 3/20, 4/17, 5/22, or 6/12; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Nadia Qabazard
Fit some fun and fitness into your day with these free, beginner dance classes. The 6 classes this semester will rotate from Zumba, to Brazilian Samba, to Polynesian/Hula dancing. No partner required.

Recreational Sports
RSF offers WorkFit, an on-site strength training circuit class for departments, personal trainers, exercise classes, low-cost memberships, and more. [http://calbears.berkeley.edu](http://calbears.berkeley.edu).

**Disclaimer:** Please wear comfortable athletic shoes.

http://uhs.berkeley.edu/facstaff/healthmatters/activeatwork.shtml