



BERKELEY Y BFF WEEKEND!

(BFF = BRING A FRIEND FOR FREE)

FRI, JAN 26 – SUN, JAN 28

Fri, Jan 26	Sat, Jan 27	Sun, Jan 27
	TRX Basics 9:30–10:15 am Instructor: Katy Functional Fitness	Zumba Gold 10:00–10:55 am Instructor: Becca Aerobics Studio
	Fundamentals of Lower Body Strength 10:30–11:15 am Instructor: Helmi 2nd Level Free Weight Room	Olympics Lifts: The Clean Clinic 10:30–11:15 am Instructor: Lulu & Daniel Rack Room
	Fundamentals of Upper Body Strength 11:30 am–12:15 pm Instructor: Helmi 2nd Level Free Weight Room	Olympics Lifts: The Snatch Clinic 11:30 am–12:15 pm Instructor: Lulu & Daniel Rack Room
UJAM 12:00–12:55 pm Instructor: Amy Aerobics Studio	Intro to Back Squat 12:30–1:15 pm Instructor: Daniel Rack Room	Fundamentals of Upper Body Strength 12:30–1:15 pm Instructor: Helmi 2nd Level Free Weight Room
	Kickbox Fit 12:30–1:15 pm Instructor: Noel Aerobics Studio	
	Intro to Deadlift 1:30–2:15 pm Instructor: Daniel Rack Room	
	Lap Swim Basics 2:00–2:45 pm <i>(registration required)</i> Conf Room & Lap Pool	Stroke Evaluation 2:00–4:00 pm Lap Pool
Lap Swim Basics 6:00–6:45 pm <i>(registration required)</i> Conf Room & Lap Pool		

Friday, January 26

12:00–12:55 pm UJAM
w/Amy, Aerobics Studio

5:00–5:45 pm
Fundamentals of Upper Body Strength w/Helmi,
2nd Level Free Weight Room

6:00–6:45 pm Lap Swim Basics
Conference Room & Lap Pool
(registration required)

Saturday, January 27

9:30–10:15 am TRX Basics
w/Katy, Functional Fitness

10:30–11:15 am
Fundamentals of Lower Body Strength w/Helmi,
2nd Level Free Weight Room

12:30–1:15 pm Introduction to Back Squat w/Daniel, Rack Room

12:30–1:15 pm Kickbox Fit
w/Noel, Aerobics Studio

1:30–2:15 pm Introduction to Deadlift w/Daniel, Rack Room

2:00–2:45 pm Lap Swim Basics,
Conference Room & Lap Pool
(registration required)

Sunday, January 28

10:00–10:55 am Zumba Gold
w/Becca, Aerobics Studio

10:30–11:15 am Olympic Lifts: The Clean Clinic
w/Lulu & Daniel, Rack Room

11:30–12:15 am Olympic Lifts: The Snatch Clinic
w/Lulu & Daniel, Rack Room

12:30–1:15 pm Fundamentals of Upper Body Strength w/Helmi,
2nd Level Free Weight Room

2:00–4:00 pm
Stroke Evaluation
Lap Pool



CLASS DESCRIPTIONS

UJAM:

This class unites world beats with urban flavor for an intense cardio workout! These fun to learn fitness hip-hop style dance moves choreographed to high energy music will make you sweat and keep you craving for more!

Zumba Gold:

The design of the class introduces low impact, easy-to-follow Zumba dance choreography that focuses on balance, range of motion and coordination.

TRX Basics:

TRX straps are a great tool to challenge your strength, core, and more! The versatile straps can simplify an exercise or challenge the athlete. Get a full body strength library of exercises to keep in your tool kit!

Fundamentals of Upper Body Strength:

Find confidence in utilizing free weights and more to develop upper body strength with good form. This class will focus on the Chest, Back, Shoulders, Biceps and Triceps muscles.

Fundamentals of Lower Body Strength:

Find confidence in utilizing free weights and more to develop lower body strength. This class will focus on the Quads, Hamstrings, Glutes, Calves and Core.

Lap Swim Basics:

Interested in swimming laps for fitness but not familiar with lap pool etiquette? Need pointers on how to use swim equipment (kickboards, pull buoys, paddles, fins)? Want guidance on how to build and follow a basic swim workout?

Clinics start in the classroom with info regarding etiquette, equipment, and workouts — finish in the lap pool where participants will get the chance to put their knowledge into practice!

Stroke Evaluation:

Interested in having your swim stroke evaluated by a YMCA Swim Coach? Stop by the lap pool for a 10-15 min complimentary stroke mechanics evaluation and hone your swimming skills!

Introduction to Back Squat:

Learn how to properly perform a back squat with a barbell.

Introduction to Deadlift:

Learn how to properly deadlift with a barbell

Kickbox Fit:

Discover a fun yet challenging multi-dimensional workout with Kickboxing Fit. You will learn Muay Thai style kicking and punching techniques on a standing bag.

Participants must wear boxing gloves for this bag contact workout. We will supply wraps and gloves for use during class or participants can bring their own. Workout includes but not limited to:

- Warm up (jog or skip rope)
- Stretch
- Shadow kickboxing
- Bag Work 3 to 5 rounds
- Core Conditioning

Olympic Lifts: The Clean Clinic

Learn the fundamentals of executing this advanced Olympic lift with phases and drills. Not appropriate for those with injuries.

Olympic Lifts: The Snatch Clinic

Learn the fundamentals of executing this advanced Olympic lift with phases and drills. Not appropriate for those with injuries.