

BERKELEY Y **BFF** BRING A FRIEND FOR FREE **WEEKEND**

Friday, Feb 23 – Sunday, Feb 25

ALL ARE DROP IN UNLESS OTHERWISE INDICATED

Fri, Feb 23	Sat, Feb 24	Sun, Feb 25
TRX Basics 10:00–10:45 am with Katy Functional Fitness Space	Mix it Up w/Dumbbells 10:00–10:45 am with Amy Functional Fitness Space	
	Foam Rolling 11:00–11:45 am with Amy Mind & Body Room	Overhead Press 11:00–11:45 am with Daniel Rack Room
	Handstand Clinic 12:00–12:45 pm with Daniel Functional Fitness Space	UJam 11:00–11:55 am with Antionette Aerobics Studio
	UJam PARTY 12:00–12:55 pm with Amy & Antionette Aerobics Studio	Women on Weights 12:15–1:00 pm with Lulu Main Level Weight Room
	KickBox Fit 1:00–1:45 pm with Noel Aerobics Studio	CAR's & Mobility 1:15–2:00 pm with Lulu Functional Fitness Space
	Swim Stroke Evaluation 2:00–4:00 pm YMCA Staff Lap Pool	Lap Swim Basics* 2:00–2:45 pm <i>registration required</i> Meet in conference room
Lap Swim Basics* 6:00–6:45 pm <i>registration required</i> Meet in conference room		

Friday, February 23

10–10:45 am TRX Basics w/Katy,
Functional Fitness Space

6 pm–6:45 pm Lap Swim Basics*
registration required
 Meet in conference Room

Saturday, February 24

10–10:45 am Mix it Up w/Dumbbells
 w/Amy, *Functional Fitness Space*

11–11:45 am Foam Rolling
 w/Amy, *Mind & Body Room*

12–12:45 pm Handstand Clinic
 w/Daniel, *Functional Fitness Space*

12–12:55 pm UJam PARTY
 w/Amy & Antionette, *Aerobics Studio*

1–1:45 pm KickBox Fit
 w/Noel *Aerobics Studio*

2–2:45 pm Swim Stroke Evaluation
Lap Pool

Sunday, February 25

11–11:45 am Overhead Press
 w/Daniel *Rack Room*

11–11:55 am UJAM w/Antionette
Aerobics Studio

12:15–1 pm Women on Weights
 w/Lulu, *Main Level Weight Room*

1:15–2 pm CAR's & Mobility
 w/Lulu, *Functional Fitness Space*

2 pm–2:45 pm Lap Swim Basics*
registration required
 Meet in conference Room

**registration is required — sign up online or at the front desk*

