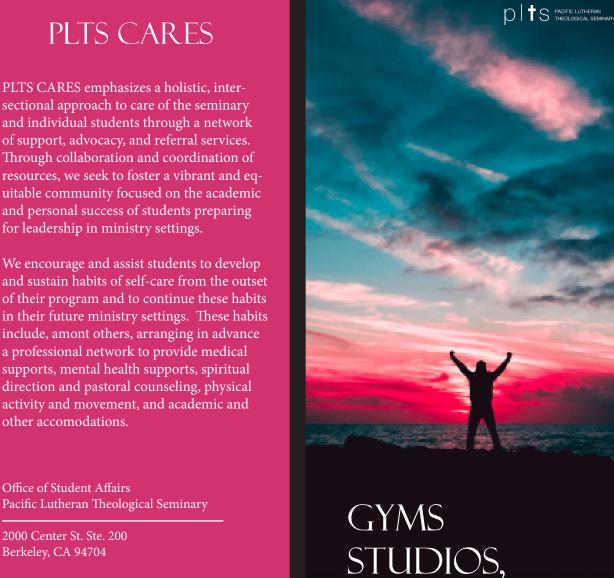


We encourage and assist students to develop and sustain habits of self-care from the outset of their program and to continue these habits in their future ministry settings. These habits include, amont others, arranging in advance a professional network to provide medical supports, mental health supports, spiritual direction and pastoral counseling, physical activity and movement, and academic and other accomodations.

Office of Student Affairs Pacific Lutheran Theological Seminary

2000 Center St. Ste. 200 Berkeley, CA 94704

> Please note that the resources listed are not endorsed by PLTS or Cal Lutheran but are provided as a starting point for your own research to find a fit for your needs.



& RECREATION

CENTERS IN

BERKELEY



## **CYMS**

**Downtown Berkeley YMCA** Telephone: (510) 848-9622 Address: 2001 Allston Way

Website: www.vmcacba.org/index.php/

locations/vmca-cba-berkelev

Rates: GTU Student discount available Hours: Mon-Fri 5AM-10PM, Sat & Sun

7AM-7:30PM

24-Hour Fitness

Telephone: (510) 548-4653 Address: 2072 Addison St.

Website: www.24hourfitness.com Rates: See website for details

Hours: 24/7

**UC Berkeley Cal Recreation** Telephone: (510) 642-7796 Address: 2301 Bancroft Way

Website: www.recsports.berkelev.edu **Rates: Affiliate Students \$200/semester** Hours: M-Th 6AM-12AM, F 6AM-11PM,

Sat

8AM-11PM, Sun 8AM-8PM

**Berkeley Sports Club** Telephone: (510) 201-5576

Address: 3100 San Pablo Ave. #110

**Website:** www.citvsportsfitness.com Rates: 29.99+

Hours: M-Th 5AM-11PM, Fri 5Am-10PM,

Sat & Sun 8AM-8PM

**H2 Fitness** 

Telephone: (415) 810-0814 Address: 701 University Ave.

Website: www.http://h2fitness.com

Rates: See website for details

## YOGA STUDIOS

CorePower Yoga

Telephone: (510) 423-9785 Address: 2295 Shattuck Ave.

Website: www.corepowervoga.com Rates: \$27 Single class, see website for

more rates

Yoga to the People

Telephone: (917) 573-9642 (YOGA)

Address: 64 Shattuck Square

Website: www.vogatothepeople.com Rates: \$10 per class, \$2 mat rental, cash

only please

Namaste Yoga

Telephone: (510) 665-4300 Address: 2820 7th Street

**Website:** www.ilovenamaste.com

Rates: \$25 drop in, \$69+ per month, see

website for more rates

The Yoga Room

Telephone: (510) 204-9322

Address: 2530 San Pablo Ave. Ste. D Website: www.vogaroomberkelev.com Rates: \$12 class, \$14 drop in, see web-

site for more rates

Yoga Kula

Telephone: (510) 486-0264

Address: 1700 Shattuck Ave. 2nd Floor

Website: www.yogakula.com

Rates: \$15 drop in, see website for more

rates



## PILATES & MARTIAL ARTS

**Vibe Pilates** 

Telephone: (510) 833-2689 Address: 2808 Adeline St. #1 Website: www.vibestudiofit.com Rates: \$30 per class, see website for

more rates

**InnerStellar Pilates** 

Telephone: (510) 649-1976 Address: 2800 Adeline Street

Website: www.innerstellarvoga.com Rates: \$20 per class, see website for

more rates

**East Bay Seido Karate** Telephone: (510) 655-9446 Address: 1940 Bonita Ave.

Website: www.eastbayseido.com Rates: \$15 per class, see website for

more rates

