

PLTS CARES



PLTS CARES emphasizes a holistic, intersectional approach to care of the seminary and individual students through a network of support, advocacy, and referral services. Through collaboration and coordination of resources, we seek to foster a vibrant and equitable community focused on the academic and personal success of students preparing for leadership in ministry settings.

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, among 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 accommodations.

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.



GYMS STUDIOS, & RECREATION CENTERS IN BERKELEY



GYMS

Downtown Berkeley YMCA
Telephone: (510) 848-9622
Address: 2001 Allston Way
Website: www.ymcacba.org/index.php/locations/ymca-cba-berkeley
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.berkeley.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.citysportsfitness.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.corepoweryoga.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.yogatothepeople.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.yogaroomberkeley.com
Rates: \$12 class, \$14 drop in, see website 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.innerstellaryoga.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

