

Classes Offered at the Berkeley Tennis Club

Fitness

Class: Zumba

Day/Time: Mondays 4:00 – 5:00pm
Where: Ballroom
Instructor: Diane DeGarcia
Cost per class: \$10 mem/\$13 non-mem

Class: Tai Chi

Day/Time: Tuesday/Thursday 7-8 am
Where: Ballroom
Instructor: Jarl Forsman
Contact: jarlforsman@hotmail.com
Cost/class: \$15 mem/\$20 non-mem
Cost/month: \$75 mem/\$90 non-mem

Class: Yoga

Day/Time: Wednesdays 5:30-6:45pm
Where: Ballroom
Instructor: Jan Gunn
Contact: jangunn.asid@gmail.com
Cost: No Charge

Class: Mindful Movement

Day/Time: Mondays 10:00 – 10:45am
Where: Ballroom
Instructor: Maryclare McCauley
maryclarem@gmail.com
Cost (drop-in): \$10 mem/\$13 non-mem

Class: Circuit Training

Day/Time: Mondays or Tuesdays
10:00 – 11:00 am
Instructor: Tiffany Fields
Please contact Tiffany for schedule:
tiffanyannfields@gmail.com

Class: Circuit Training Thursday

Day/Time: Thursdays 1:15-2:15pm
Instructor: Delency Baker
Please contact Delency to sign up:
delencybaker@gmail.com

If you are interested in private fitness training, please contract trainers directly.

Swim & Tennis

Junior Swim (Seasonal)

Day/Time: M-W-F
Int. Swim 5:00-6:00pm
Adv. Swim 6:00-7:00pm
Day/Time: Th
Beg. Swim 6:30 – 7:15pm
Instructor: Pierpaolo Morra
Please contact Pierpaolo to sign up:
pierpaolo.morra@gmail.com

Please contact Pierpaolo regarding all swim inquiries.

Private Tennis Lessons

Rafa/Peter – 60-minute lesson
Cost: \$90 mem/\$100 non-mem

Morten – 60-minute lesson
Cost: \$100 mem/\$110 non-mem

If you are interested in private tennis lessons, please contact the tennis pros directly.

Rafa – rafacirnelima@gmail.com
Peter – benkotennis@gmail.com
Morten - morten@berkeleytennisclub.org