

# Classes Offered at the Berkeley Tennis Club

## Fitness

### **Class: Tai Chi**

Day/Time: Tuesday/Thursday 7-8 am

Where: Ballroom

Instructor: Jarl Forsman

Contact: [jarlforsman@hotmail.com](mailto:jarlforsman@hotmail.com)

Cost/class: \$15 mem/\$20 non-mem

Cost/month: \$75 mem/\$90 non-mem

### **Class: Yoga**

Day/Time: Wednesdays 5:30-6:30pm

Where: Ballroom

Instructor: Jan Gunn/Tricia Tangeman

Contact: [jangunn.asid@gmail.com](mailto:jangunn.asid@gmail.com);

[triciaatpep@gmail.com](mailto:triciaatpep@gmail.com)

Cost: No Charge

### **Class: Mindful Movement**

Day/Time: Mondays 10:00 – 10:45am

Where: Ballroom

Instructor: Maryclare McCauley

[maryclarem@gmail.com](mailto: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](mailto: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](mailto: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](mailto:pierpaolo.morra@gmail.com)

**Please reach out to Pierpaolo via email if you have questions about aquatics at the BTC.**

### **Private Tennis Lessons**

Rafa/Peter – 60-minute lesson

Cost: \$90 mem/\$100 non-mem

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

Rafa – [rafacirnelima@gmail.com](mailto:rafacirnelima@gmail.com)

Peter – [benkotennis@gmail.com](mailto:benkotennis@gmail.com)