

# Get Fit! Get Moving!

## SCHEDULE OF ACTIVITIES

**Saturday, June 7, 2014**

- |                |  |
|----------------|--|
| 10:00am        | Get Fit Fair Opens / Check-in & Door Prizes<br>(Ed Roberts Campus Lobby)<br>3075 Adeline Street, Berkeley, CA 94703  |
| 10:00am-2:00pm | Resource Room Opens<br>(The Bernard Osher Education Room & Lobby)<br>Fitness, activity and health vendors are here all day to share resources and to get you moving towards a healthy and fit lifestyle.   |
| 10:00am-2:00pm | BORP Cycling Demo and Trial<br>(ongoing, in front of Ed Roberts Campus)<br>BORP's Adaptive Cycles make it possible for people with a wide range of disabilities to enjoy the fun and fitness of cycling. We will have examples of handcycles, recumbent trike foot cycles, and tandem recumbent trikes to try out and ride.<br>Our cycles work great for people with SCI's, CP, post-stroke symptoms, decreased balance or strength, and visual impairments. |
| 10:00am-2:00pm | Urban Zen 30-Minute Private Relaxation Sessions<br>(ongoing; go to Second Floor to sign up for your slot)<br>Urban Zen Integrative Therapy sessions uniquely integrate Yoga Therapy, Reiki, Breath Awareness, and Meditation, helping you to feel more relaxed. One-on-one half hour sessions are individually tailored to your needs.   |

- 10:30am-11:00am Zumba for All - Bobbe Skiles  
(BORP Studio)  
Zumba® is a Latin based dance fitness class. Dancing to a variety of rhythms will get the body moving in a fun, energetic way. A Zumba® class is more like a party than exercise! Grab some water and prepare to sweat! You don't have to be a dancer to join the fun. You just have to want to get into an exercise program and start feeling great! Take this class standing or seated. Smiles are required! Bring your energy and prepare to party! This class is ASL interpreted.
- 11:15am-11:45am Dance Class - AXIS  
(Fountain area)  
Always wanted to dance? This is your chance! Try this 30-minute dance class with AXIS Dance Company and discover that everyone can dance! We will help you explore new movement within your own body while dancing with others.  
For all ages and abilities
- 11:15am-11:45am Yoga for People with Disabilities – Piedmont Yoga Community  
(BORP Studio)  
This class is for everyone, including people in wheelchairs. The class will consist of gentle movement and stretching. We will practice meditation, breathing, and yoga asana (posture). With instructor JoAnn Lyons.
- 12:00pm-12:30pm Yoga for Blind & Low Vision Participants– Nancy Yates  
(BORP Studio)  
This class is for blind and low vision students who want to improve their flexibility, strength and balance – these are the building blocks of good posture and maintaining equilibrium on one's feet. We will infuse positive energy into our movements by focusing on our breath as we ease into stretches that open our lungs, neck, shoulders, hips and heart, evoking sensory awareness in our bodies.

- 12:45pm-1:15pm      Feldenkrais – Diana Walters  
(BORP Studio)  
Do you have chronic pain or areas of tension in the body that never seem to release? Then this Feldenkrais Method® Awareness Through Movement (ATM) class might be perfect for you! We will engage in a slow, small, guided movement series to help us learn how to use our bodies more efficiently, with greater ease and comfort.
- 1:00pm-1:45pm      Reaching for Each Other: Mixed Ability Offerings –  
Sins Invalid  
(Osher B)  
  
This workshop will explore our body's languages through breath, energetic and isometric movement, while creating new narratives of love for ourselves. This workshop is for all levels and abilities. If you are shy, this is the class for you. If you think you can't move gracefully, this class is for you. Why? Because we know your movement is beautiful and that we can experience connection with others across body type and ability.
- 1:30pm-2:00pm      Yoga For Everyone – Nancy Yates  
(BORP Studio)  
This adaptive yoga class is designed for anyone who wants to cultivate deeper body awareness by doing gentle exercises to increase balance, flexibility and strength. This class is ideal for anyone who wants to move in a quiet, safe, and purposeful way. All body types and abilities welcome.
- 2:00pm      Get Fit Fair Closes

## Get Fit! Get Moving! Organizers

**AXIS Dance Company** is highly regarded the world over for its unflagging artistic and educational standards, and for paving the way for physically-integrated dance within the contemporary dance community. More than any other company in the U.S., AXIS Dance Company has been a bridge between contemporary dance and physically-integrated dance. The company of seven dancers with and without disabilities has performed in theaters and dance spaces at its home base in the Bay Area, on tour throughout the U.S., as well as in Germany and Russia. Under the Artistic Direction of Judith Smith, the company has commissioned works by such movement innovators as Bill T. Jones, Stephen Petronio, Joe Goode, Victoria Marks, Ann Carlson, David Dorfman, Alex Ketley, Joanna Haigood, Sonya Delwaide, and Margaret Jenkins, and worked with world renowned composers Meredith Monk, Fred Frith and Joan Jeanrenaud. Some recent professional highlights include extensive touring throughout the U.S., multi-year commissions from the Yerba Buena Gardens Festival, and being named one of the Bay Area's top 10 high impact non-profit organizations by Philanthropedia. Additionally, AXIS was featured on KQED's SPARK program and KRCB's *One in 5 Stories*. AXIS Dance Company is a many-time Isadora Duncan Dance Award (Izzie) winner and was featured on the nationally broadcast FOX television show *So You Think You Can Dance* in 2011 and 2012. Through its model education program *Dance Access* and its youth component *Dance Access/KIDS!*, AXIS offers classes and workshops, school assemblies, presentations, lecture demonstrations and residencies locally and abroad for adults and youth of all abilities. AXIS is the primary organization that provides pre-professional training to adult dancers with disabilities, consisting of advanced level master classes taught by well-known dance educators/choreographers, week-long summer intensives, and university residencies.

<http://www.axisdance.org>

**Bay Area Outreach and Recreation Program (BORP)** is a 501(c)3 non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. At BORP, we believe that sports and recreation provide a path to greater achievement to which all people should have access, and we continually strive to make this a reality. BORP is headquartered in Berkeley, California and is the leading provider and promoter of accessible sports and recreation opportunities for children and adults with physical disabilities in the greater San Francisco Bay Area. In addition to our high quality innovative sports and recreation programs, our expert staff provides advocacy, trainings, referrals and consultation services and have helped initiate adaptive sports programs in several other cities across the state. BORP also conducts disability awareness

trainings and adaptive sports exhibitions for a variety of community agencies and serves as a valuable resource to physical therapists, rehabilitation hospitals, parks and recreation departments and related organizations.

<http://www.borp.org/>

**World Institute on Disability (WID)** has created NEW DOOR, ([www.wid.org/newdoor](http://www.wid.org/newdoor)) a health promotion program to encourage enjoyable exercise and movement, and good nutrition for disabled people. We are researching barriers and developing strategies to good health, fun and connections for our wonderful community. We work in collaboration with many kinds of groups to improve our health and increase our power in the world and in our lives. NEW DOOR is funded by the Department of Education and Kaiser Permanente Northern California Benefits Program. WID works in communities and nations worldwide to eliminate barriers to full social integration and increase employment, economic security and health care and well-being for persons with disabilities. WID creates innovative programs and tools; conducts research, training, public education and advocacy campaigns; and provides technical assistance.

<http://www.wid.org>