



Aikido of Berkeley

Cross Training for Aikido

Mondays 12-1pm

All Aikido and fitness experience levels welcome!

Classes will work on a variety of aspects of fitness used on the mat, including

- **joint health/injury prevention**
- **core strength**
- **cardio capacity**
- **body control**

*Please wear clothes you can
move comfortably in, either keikogi
(suggested: no hakama) or workout clothing*

*About the instructor: Evie Lynch (she/her) is a certified personal trainer and
group fitness instructor through the American Council on Exercise,
and has been practicing Aikido since 2010.*

at **Aikido of Berkeley** 1514 University Avenue Berkeley, CA