




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00-9:00</b>					<b>Total Stretch</b> <i>Claire Naylor Pollart</i>		
<b>8:30-9:30</b>		<b>Boot Camp Challenge</b> CC <i>Shay Donald</i>		<b>Boot Camp Challenge</b> CC <i>Shay Donald</i>			
<b>9:00-10:00</b>	<b>Zumba®</b> CC - Auditorium <i>Michelle Theilig</i>  <b>Total Fitness</b> CC - Gym <i>Claire Naylor</i>	<b>Total Fitness</b> CC <i>Claire Naylor Pollart</i>	<b>Circuit Training</b> CC <i>Todd DiMario</i>	<b>Total Fitness</b> CC <i>Claire Naylor Pollart</i>	<b>All In One Combo</b> CC <i>Michelle Theilig</i>	<b>Instructor's Choice (8:55-10)</b> <i>Shay Donald</i>	<b>Pilates</b> <i>Don Fries</i>
<b>10:00-11:00</b> <i>(In the Gym)</i>		<b>Women's Strength &amp; Balance for Seniors</b> CC, RS, AF <i>Shay Donald</i>		<b>Women's Strength &amp; Balance for Seniors</b> CC, RS, AF <i>Shay Donald</i>			
<b>10:00-11:00</b>	<b>Whole Body Workout</b> CC, AF, RS <i>Sandy French</i>	<b>Total Stretch</b> AF <i>Claire Naylor Pollart</i>	<b>Whole Body Workout</b> CC, AF, RS <i>Sandy French</i>	<b>Gentle Yoga</b> AF <i>Mimi Rosenblatt</i>	 <b>Zumba</b> CC <i>Michelle Theilig</i>	<b>Gentle Yoga</b> <i>Mimi Rosenblatt</i>	<b>Cardio Kickboxing</b> <i>Cori Broderick</i>
<b>11:30-12:30</b> <i>(In the Gym)</i>		<b>Men's Strength &amp; Balance for Seniors</b> RS, AF <i>Shay Donald</i>		<b>Men's Strength &amp; Balance for Seniors</b> RS, AF <i>Shay Donald</i>			
<b>5:30-6:30</b>	<b>Power Hour</b> <i>Kathy Roy</i>	<b>Ripped</b> CC <i>Shay Donald</i> <b>*Moderate-High Intensity</b>	<b>Cardio Kick Boxing</b> CC <i>Kathy Roy</i>	<b>Cross Training</b> CC <i>Dan Love</i>	<b>Power Hour</b> <i>Kathy Roy</i>		

**RS**— Recommended for Seniors   **AF**- Adaptive Fitness   **CC**- Child Care Available  
**Please bring your own personal fitness mat for exercise classes.**

## BSRCC Fitness Class Descriptions ~ Jan-Apr 2017

### **Circuit Training**

**Wednesday 9-10 a.m.**

Circuit Training is a high intensity class that is an excellent way to kick your exercise regimen up a notch. This challenging total body workout will maximize your calorie burn by alternating high intensity cardio and strength training exercises to keep your body guessing. Please dress accordingly; the class may take place outside from time to time, weather dependent. CC

### **Boot Camp Challenge**

**Tuesday & Thursday 8:30-9:30 a.m.**

This once a week high intensity class will push you past your comfort zone. If you have energy and calories to burn then take it on this challenge! CC

### **Whole Body Workout**

**Monday & Wednesday 10-11 a.m.**

Put the fun back into FUNctional fitness. This class is designed to work the entire body using weights, bands, balls and movement to develop and maintain muscle and core strength and balance, while improving joint movement and flexibility. RS, AF, CC

### **Strength & Balance for Seniors**

**Women's: Tuesday & Thursday 10-11 a.m.**

**Men's: Tuesday & Thursday 11:30 a.m.-12:30 p.m.**

Balance, strength and coordination are the focus of this group strength training class for seniors. Feel better, control your weight and have fun as you will learn the correct way to lift weights and how to set up regular exercise routines in this group class. RS

### **Cross Training**

**Thursdays 5:30-6:30 p.m.**

A high energy workout with a constantly shifting pace that combines cardiorespiratory movement and strength exercises to target the body's overall performance. Improve core stability, endurance, power, mental focus, and more... CC

### **Total Fitness**

**Monday, Tuesday & Thursday 9-10 a.m.**

A cardio and strength training class with core work mixed in will prepare you to keep fit and be happy for the long haul. Claire is a longtime student and master instructor of the Bonnie Prudden method. One of the things that set Prudden's exercise program apart from all others was that it could be adapted to any age and any ability. RS, AF, CC

### **Gentle Yoga**

**Thursday, & Saturday 10-11 a.m.**

An eclectic mix of different styles of yoga to develop strength, balance, flexibility, postural alignment, concentration and relaxation in a fun, safe environment.



### **Zumba**

**Monday 9-10 a.m. & Friday 10-11 a.m.**

Zumba is a high energy class that uses Latin and international music to create a dynamic, exciting and effective fitness program. Every class feels like a party! Zumba routines feature a combo of fast and slow rhythms that make you feel joyful and alive. No dance experience is necessary. CC

### **Instructor's Choice**

**Saturday 8:55-10 a.m.**

Bring some balance into your life by taking this fun challenging class with a new twist each week! Enjoy the benefits of a stronger core, increased balance and more endurance for sports, recreation activities or the every day chores of life. Suitable for all levels.

### **Cardio Kick Boxing**

**Sunday 10-11 a.m. & Wednesday 5:30-6:30 p.m.**  
This class combines the flexibility and strength building of kickboxing with fat-burning cardio. Kickboxing is high energy, explosive, exciting, motivating and fun! Punch mitts are used for an intense energy and muscle building blast. Suitable for all levels.

### **Pilates**

**Sunday 9-10 a.m.**

Our popular Sunday morning class is based on Joseph Pilates' discipline of strengthening the muscles central to posture and lengthening all muscles essential to balance, movement and agility. Suitable for all levels.

### **Total Stretch Class**

**Tuesday 10-11 a.m. & Friday 8-9 a.m.**

This total body deep stretching class is designed to help you stretch the connective tissues of the body, lengthen muscle tissue and create space in joints keeping a constant flow throughout the hour. It will include all the major and minor muscle groups, geared towards improving overall flexibility & balance. You can expect gentle stretching to enhance a greater range of movement. RS, AF

### **Power Hour**

**Monday & Friday 5:30-6:30 p.m.**

A one hour total body workout that incorporates a variety of high intensity cardio work focusing on cardio endurance and power, agility and strength ending with a relaxing stretch. Suitable for all levels.

### **RIPPED**

**Tuesday, 5:30 to 6:30 p.m.**

Ready to get ripped? Check out this total body plateau-proof fitness formula body burn! We'll use resistance, intervals, plyometrics, power and endurance training to get you ripped! CC

### **All In One Combo**

**Friday 9-10 a.m.**

A cardio class that will work you from your head to your toes. This class will mix cardio, weights, and high energy moves to give you a total body work out. This high energy class is just the way to start your day off right. CC

Please note that Berkshire South reserves the right to add, alter or cancel programs at any time.

Instructors and programming space are subject to change without notice.

Please call the Fitness office to inquire about classes, 413 528 2810 ext. 35