





BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

Fitness Class Schedule
May—August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 Morning Kickoff Kathy AUDITORIUM	8:45-9:45 Total Fitness CC Claire GYMNASIUM	7:00-8:00 Morning Kickoff Kathy AUDITORIUM	8:45-9:45 Total Fitness CC Claire GYMNASIUM	8:00-9:00 Total Stretch RS Claire AUDITORIUM	8:30-9:30 Weekend Warrior Shay AUDITORIUM	9:00-10:00 Pilates Don AUDITORIUM
9:00-10:00 Zumba RS,CC  Michelle AUDITORIUM	10:00-11:00 Women's Strength & Balance CC, RS, AF Shay GYMNASIUM	9:00-10:00 Circuit Training CC Todd AUDITORIUM	10:00-11:00 Women's Strength & Balance CC, RS, AF Shay GYMNASIUM	9:00-10:00 All in One CC Michelle AUDITORIUM	10:00-11:00 Gentle Yoga RS Mimi AUDITORIUM	10:00-11:00 Cardio Kickboxing Cori AUDITORIUM
9:00- 10:00 DynaMIX CC Tariq GYMNASIUM	10:00-11:00 Total Stretch AF, CC, RS Claire AUDITORIUM	10:00-11:00 Whole Body Workout CC, AF, RS Tariq AUDITORIUM	10:15-11:15 Gentle Yoga AF, CC, RS Mimi AUDITORIUM	10:00-11:00 Zumba RS,CC Michelle AU-  DITORIUM		
10:00-11:00 Whole Body Workout CC, AF, RS Tariq AUDITORIUM	11:30-12:30 Men's Strength & Balance RS, AF Shay or Bob GYMNASIUM	5:30-6:30 Cardio Kick Boxing CC Kathy AUDITORIUM	11:30-12:30 Men's Strength & Balance RS, AF Shay or Bob GYMNASIUM			
5:30-6:30 Power Hour CC Kathy AUDITORIUM	5:30-6:30 Ripped CC Shay AUDITORIUM		5:00-6:00 Cross Training CC Dan AUDITORIUM			
			6:00-7:00 Sunset Yoga RS Antoinette AUDITORIUM			

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 ~ May-August 2018

Circuit Training Wednesday 9-10 a.m.

Circuit Training is a moderate intensity class that incorporates strength training using body weight, as well as free weight exercises. Cardio intervals help this total body workout maximize your calorie burn. CC

Whole Body Workout Monday & Wednesday 10:00-11:00 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

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 Thursday 5:00-6:00 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 Tuesday Thursday 8:45-9:45 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 10:15-11:15

Saturday 10:00-11:00 am

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

Morning Kickoff Monday & Wednesday 7:00am-8:00am

This is a moderated to high intensity class that embodies a mix of high energy cardio and strength training using a mix of both body weight and free weight exercises to kick off your day.

DynaMIX Monday 9-10 am

Dynamic Training is high intensity and randomized workout with a variety of core, strength, endurance and balance exercises. Ready to have an exciting workout with an enthusiastic trainer? Let's have fun and get results at the same time



Zumba

Monday 9-10 a.m.

Friday 10:00-11:00 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

Weekend Warrior Saturday 8:30-9:30 a.m.

This class offers a comprehensive full body workout. Every session will combine cardiovascular, strength and endurance training using a variety of methods. It will incorporate body resistance, weight training, stability balls, resistance bands, kettlebells and more! Be prepared to get your sweat on indoors and out (weather permitting) in this fun and challenging class! Moderate to high intensity class.

Cardio Kick Boxing

Sunday 10:00-11:00 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 10:00-11:00 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 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

Sunset Gentle/ Moderate Yoga Thursday 6-7 pm

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