



# BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

## FITNESS CLASS SCHEDULE SEPTEMBER-DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:00 <b>Short Circuit</b> Nick AUDITORIUM	8:00-9:00 <b>Life Fitness</b> Claire AUDITORIUM	9:00-9:30 <b>Cross Train Express</b> Todd AUDITORIUM	8:30-9:30 <b>Bootcamp</b> Shay GYMNASIUM	6:30-7:00 <b>Short Circuit</b> Nick AUDITORIUM	7:00-8:00 <b>Get Fit</b> Todd and Shay *Specific Date *Additional Fee	9:00-10:00 <b>Pilates</b> Don AUDITORIUM
9:00-10:00 <b>Zumba</b> Michelle AUDITORIUM	8:30-9:30 <b>Bootcamp</b> Shay GYMNASIUM	9:30-10:00 <b>Stability Ball</b> Todd AUDITORIUM	10:00-11:00 <b>Gentle Yoga</b> Mimi AUDITORIUM	8:00-9:00 <b>Life Fitness</b> Claire AUDITORIUM	8:30-9:30 <b>Weekend Warrior</b> Shay GYMNASIUM	10:00-11:00 <b>Cardio Kickboxing</b> Cori AUDITORIUM
9:00-10:00 <b>DynaMIX</b> Tariq GYMNASIUM	9:30-10:30 <b>Chair Yoga</b> Antoinette AUDITORIUM	10:00-11:00 <b>Energy Boost</b> Tariq AUDITORIUM	10:00-11:00 <b>Strength and Balance for Women</b> Shay GYMNASIUM	9:00-10:00 <b>All in One</b> Michelle AUDITORIUM	10:00-11:00 <b>Gentle Yoga</b> Mimi AUDITORIUM	
10:00-10:45 <b>Fitness Fun</b> Nick GYMNASIUM *Adaptive	10:00-11:00 <b>Strength and Balance for Women</b> Shay GYMNASIUM	12:30-1:00 <b>Relaxation Meditation</b> Steven AUDITORIUM	11:30-12:30 <b>Strength and Balance for Men</b> Shay GYMNASIUM	10:00-11:00 <b>Zumba</b> Michelle AUDITORIUM		
10:00-11:00 <b>Energy Boost</b> Tariq AUDITORIUM	11:00-12:00 <b>Tai Chi</b> Barbara *Specific Dates *Additional Fee	4:30-5:30 <b>TRX</b> Shay *Specific Dates *Additional Fee	12:00-1:00 <b>Qigong</b> Kevin *Specific Dates *Additional Fee			
	11:30-12:30 <b>Strength and Balance for Men</b> Shay GYMNASIUM	4:30-5:30 <b>Youth Fit</b> Nick GYMNASIUM *Additional Fee				
	12:00-1:00 <b>Tai Chi for Seniors</b> Barbara *Specific Dates *Additional Fee	5:30-6:30 <b>Cardio Kickboxing</b> Kathy AUDITORIUM		5:30-6:00 <b>HIIT</b> Kathy AUDITORIUM		
5:30-6:30 <b>Power Hour</b> Kathy AU- DITORIUM	5:30-6:30 <b>Ripped</b> Shay AUDITORIUM	6:00-7:00 <b>Get Fit</b> Todd and Shay *Specific Dates *Additional Fee	6:00-7:00 <b>Sunset Yoga</b> Antoinette AUDITORIUM	6:00-6:30 <b>Power Express</b> Kathy AUDITORIUM		

\* Please Check Catalog for Class Descriptions, Dates and Class Fees

## BSRCC Fitness Class Descriptions ~ September-December 2018

### **Short Circuit** (Monday and Friday 6:30am-7:00am)

Start your day off with a bang by joining the short circuit. It's a 30 minute class of continuous, calorie-burning exercises that will keep your heart pumping and muscles firing.

**Zumba** (Monday 9:00-10:00, Friday 10:00-11:00) Every class feels like a party! Zumba is a high energy class that fuses effective fitness routines with dynamic and joyful music.

**DynaMIX** (Monday 9:00am-10:00am) Ready for an exciting workout? Have fun and get results with this high intensity and randomized workout that includes a variety of core, strength, endurance and balance exercises.

**Energy Boost** (Monday and Wednesday 10:00-11:00) Keep your body moving and happy with this fun filled fitness class. Be prepared to mix up your cardio and strength training with a little dancing to some up-beat music.

**Power Hour** (Monday 5:30-6:30) A total body, high energy workout that focuses on endurance, agility and strength. Each class ends with a relaxing stretch that will leave you feeling great.

**Life Fitness** (Tuesday and Friday 8:00-9:00) Exercise should help you feel better and move easier. This class is designed to increase your body awareness and workout in an intelligent way that keeps you happy and healthy for life.

**Bootcamp** (Tuesday and Thursday 8:30-9:30) Kickoff your fitness routine up a notch with this high energy class. Expect to be challenged by a creative and dynamic circuit that includes agility drills, plyometrics, body weight exercises and much more.

**Chair Yoga** (Tuesday 9:30-10:30) Get all the benefits of traditional yoga with the safety and support of a chair. Come see how dynamic, engaging and relaxing yoga can be when you have six legs.

### **Strength and Balance :**

**Women** (Tuesday and Thursday 10:00-11:00)

**Men** (Tuesday and Thursday 11:30-12:30)

No matter what your age, movement can help keep you healthy and protect you from injury. The aim of this class is to build muscular strength, coordination and balance at a slow and safe pace.

**Ripped** (Tuesday 5:30-6:30) Ready to get Ripped? Come join this total body, plateau proof, body burn. Every class is a new and creative combination of plyometrics, intervals, strength, endurance and core work.

**Fitness Fun** (Monday 10:00-10:45) Class for individuals with adaptive needs and their caregivers.

**Cross Train Express** (Wednesday 9:00-9:30) Strengthen your whole body in 30 minutes. Combine bodyweight exercises, free weights and dynamic movements to keep your body tuned-up and toned.

**Stability Ball** (Wednesday 9:30-10:00) You are sure to activate your core and hone your balance in this 30 minute workout. Regular pushups and crunches will seem like a breeze after using the stability ball.

**Relaxation Meditation** (Wednesday 12:30-1:00) Let your body and mind rest, relax and recover for 30 minutes. Learn a simple and effective approach to meditation that you can take anywhere you go.

**Cardio-Kickboxing** (Wednesday 5:30-6:30 and Sunday 10:00-11:00) A high-energy cardio workout that will keep you strong and flexible. Punching mitts, shadow boxing and dynamic movements can break your fitness routine out of the box. This class is suitable for all fitness levels.

**Gentle Yoga** (Thursday and Saturday 10:00-11:00) The combination of deep breathing, strengthening and stretching will leave your body and mind feeling balanced and relaxed. This yoga class is adaptable and meant for all experience levels.

**Sunset Yoga** (Thursday 6:00-7:00) Come breathe, stretch, strengthen and relax. This yoga class is moderately paced and easily adaptable to all of your body's needs.

**All in One** (Friday 9:00-10:00) Start your Friday off right with a cardio class that will work you from head to toe. Mix up free weights, dynamic bodyweight movements and cardio for a total fitness experience.

**HIIT** (Friday 5:30-6:00) Your heart will be pumping throughout this high intensity interval training class. Get moving and keep moving for a 30 minute shred that will test your edge.

**Power Express** (Friday 6:00-6:30) Increase your strength, agility and endurance in just 30 minutes. Every class includes variety of bodyweight exercises, free weights, resistance bands and more.

**Weekend Warrior** (Saturday 8:30-9:30) Get ready to sweat in this fun, full body workout. Every class is a creative combination of exercises that include kettlebells, bodyweight movement, resistance bands, stability balls, free weights and more.

**Pilates** (Sunday 9:00-10:00) Improve your posture, develop balance and build core strength. Pilates is a great way to improve any movement you do, whether it is for fitness or function.