



# BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

## Fitness Class Schedule January-April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 <b>Zumba</b> Faye Auditorium	8-9 <b>Life Fitness</b> Claire Auditorium	9-10 <b>Cross Train Express</b> Todd Auditorium	8:30-9:30 <b>Bootcamp</b> Shay Gymnasium	8-9 <b>Life Fitness</b> Claire Auditorium	7-8 <b>Get Fit</b> Shay & Todd Gymnasium *Additional Fee *Specific Dates	9-10 <b>Pilates</b> Don Auditorium
9-10 <b>DynaMIX</b> Deaglan Gymnasium	8:30-9:30 <b>Bootcamp</b> Shay Gymnasium	10-11 <b>Energy Boost</b> Deaglan Auditorium		9-10 <b>Full Body Blast</b> Nick Auditorium	8:30-9:30 <b>Weekend Warrior</b> Shay Gymnasium	10-11 <b>Cardio Kickboxing</b> Cori Auditorium
10-11 <b>Fitness Fun</b> Nick Gymnasium *Adaptive	9:30-10:30 <b>Chair Yoga</b> Tara Auditorium		10-11 <b>Gentle Yoga</b> Vincent Auditorium	10-11 <b>Zumba</b> Faye Auditorium	10-11 <b>Gentle Yoga</b> Sunie Auditorium	
10-11 <b>Energy Boost</b> Deaglan Auditorium	10-11 <b>Strength &amp; Balance for Women</b> Shay Gymnasium		10-11 <b>Strength &amp; Balance for Women</b> Shay Gymnasium			
	11-12:15 <b>Tai Chi</b> Barbara Meeting Room *Additional Fee *Specific Dates	4:30-5:30 <b>TRX</b> Shay Gymnasium *Additional Fee *Specific Dates				
5:30-6:30 <b>Power Hour</b> Kathy Auditorium	11:30-12:30 <b>Strength &amp; Balance for Men</b> Shay Gymnasium	5:30-6:30 <b>Cardio Kickboxing</b> Kathy Auditorium	11:30-12:30 <b>Strength &amp; Balance for Men</b> Shay Gymnasium	5:30-6 <b>HIIT</b> Kathy Auditorium		
	5:30-6:30 <b>Ripped HIIT</b> Shay Auditorium	6-7 <b>Get Fit</b> Shay & Todd Gymnasium *Additional Fee *Specific Dates	6-7 <b>Sunset Yoga</b> Maggie Auditorium	6-6:30 <b>Power Express</b> Kathy Auditorium		

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

## **BSRCC Fitness Class Descriptions**

### **January - April 2020**

**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.

**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.

**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 HIIT (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.

#### **Cross Train Express (Wednesday 9:00-10:00)**

Strengthen your whole body. Combine bodyweight exercises, free weights and dynamic movements to keep your body tuned-up and toned.

#### **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.

#### **Full Body Blast (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 5:30-6:30)** 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 a 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.

**Please note that Berkshire South reserves the right to add, alter or cancel programs at any time. All programming is subject to change without notice. Please call the Fitness office to inquire about classes, 413-528-2810 ext. 35**