



BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

May 4–13, 2026

Auditorium Class Relocations

**All of Sarah Daunt's dance/ballet classes have been cancelled.*

Monday, May 4:

8:00 am Zumba with Luana - Gym

9:00 am Cross Training with Todd - Gym

5:30 pm Power Hour with Kathy - Gym

Tuesday, May 5:

8:00 am Life Fitness with Claire - Gym

10:00 am Chair Yoga with Christine - Cancelled

5:30 pm Pilates/Yoga Blend with Heidi - Cancelled

Wednesday, May 6:

7:45 am SIC with Margee - Gym

9:00 am Gentle Yoga with Jeanne - Gym

4:00 pm Weekly Meditation - Meeting Rooms

5:30 pm Shake and Burn with PJ - Gym

Thursday, May 7:

10:00 am Shake and Burn with PJ - Meeting Rooms

5:30 pm Gentle/Moderate Flow Yoga with Senta - Meeting Rooms

Friday, May 8:

8:00 am Morning Stretch and Release with Jeanne - Meeting Rooms

9:15 am Zumba with PJ - Meeting Rooms

Saturday, May 9 and Sunday, May 10:

No changes



BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

May 4–14, 2026

Auditorium Class Relocation Schedule

**All of Sarah Daunt's dance/ballet classes have been cancelled*

Monday, May 11:

8:00 am Zumba with Luana - Gym

9:00 am Cross Training with Todd - Gym

5:30 pm Power Hour with Kathy - Gym

Tuesday, May 12:

8:00 am Life Fitness with Claire - Gym

10:00 am Chair Yoga with Christine - Cancelled

5:30 pm Pilates/Yoga Blend with Heidi - Cancelled

Wednesday, May 13:

7:45 am SIC with Margee - Gym

9:00 am Gentle Yoga with Jeanne - Gym

4:00 pm Weekly Meditation - Meeting Rooms

5:30 pm Shake and Burn with PJ - Gym