



CRA FITNESS CENTER

“SHAPING UP THE BERKSHIRES SINCE 1995”



Spring 2010 Group Exercise Schedule

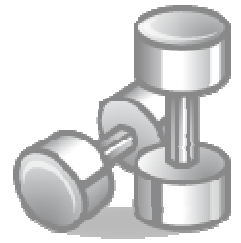
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:30am		*Boot Camp**	Vinyasa Flow		*Boot Camp**		
7:00am-8:00am			Pilates Sculpt		Core Conditioning		AAT (7:30-8:30)
8:30am-9:30am		Hi-Lo	Muscle Moves		Muscle Moves	Hi-Lo	
9:00am-10:00am		Splashercise	Water Works	Splashercise	Water Works	Splashercise	*Move-N-Groove**
9:30am-10:30am				Gentle Yoga			
10:30am—11:30am						Tai Chi	
11:00am-12:00pm	Yoga						
5:30pm-6:30pm		Move-N-Groove	Cardio Combo (last class May 18th)	AAT			
5:30pm-6:30pm		Power Yoga		*Move-N-Groove**	Vinyasa Flow		
5:30pm-6:30pm		*Boot Camp**			*Boot Camp**		
6:00pm-7:00pm		Water Aerobics		Water Aerobics			
6:30pm-7:30pm			*Twisted Training**		*Twisted Training**		

Please Note: This schedule begins April 1, 2010

Class Schedule is subject to change.

- * Additional Cost
- ** Runs in a block schedule

CLASS DESCRIPTIONS



Arms, Abs & Tush: Rob Giuliani teaches a traditional approach to weight training and helps shape those trouble spots for extreme results. Intermediate—Advanced

Hi—Lo: Cathy Doyle combines fun basic high and low impact choreography that's easy to follow and is guaranteed to burn lots of calories. All levels.

Muscle Moves: Christine Kielpinski helps you tone and strengthen your muscles using free weights, bands & stability balls. Beginner—Intermediate

Pilates: You can expect an increase in flexibility, mobility, balance, and body awareness, as well as a decrease in back pain or other general pains. All Levels.

Gentle Yoga: This gentle yoga class is taught by Ruth Innes. Yoga combines the movements with breathing to cleanse the body and to recharge it with vital energy to help you experience a dynamic workout. All Levels.

Tai Chi: This class is designed to give the participant an understanding of the ancient practice of Tai Chi. The participant will learn the basic principles of Tai Chi, movements from the Tai Chi Chuan short form, health and fitness benefits of this practice and how to “take it home” and incorporate it into one's life. All Levels.

Vinyasa Flow: Vinyasa Yoga emphasizes flow in an unstructured way. It combines movement and breathing to cleanse the body, to recharge it with vital energy and help you experience dynamic meditation.

Core Conditioning: Join Monique for a total body workout. Every muscle will be challenged by using weights and stability balls. Intermediate to Advanced.

BEAST: Basic exercise and strength training with cardio drills.

Cardio Combo: The first half hour will be step aerobics and floor aerobics. The class will end with toning and ab work.

Splashercise: Join Theresa for a half hour of water aerobics and a half hour of volleyball.

Water Works: The first half hour of class is water aerobics and the last half hour is strength training.

Move-N-Grove: This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. You will receive the benefits of resistance training while burning calories!

