

CRA FITNESS CENTER

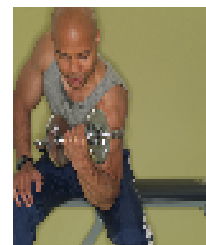
“SHAPING UP THE BERKSHIRES SINCE 1995”

comfortable environment, caring staff, no judgments

Not Just Your Average Fitness Center

You won't find a one size fits all approach to fitness here. Instead you'll find a warm, friendly atmosphere, knowledgeable and experienced staff, and a different kind of energy. Whether you're a die hard fitness buff, a weekend warrior or you prefer to work at your own pace, the CRA Fitness Center provides members with a variety of fitness services to suit their individual needs.

We offer affordable membership options and daily rates.



Fitness And Cardio Programs

We have quality cardio conditioning and weight training equipment as well as a complete line of selectorized Nautilus equipment and we're here to help you get the most out of your workouts with our complimentary semi-private training classes. We also provide complementary fitness assessments to help you identify your strengths and problem areas. Service doesn't stop there. Should your workout program need a boost, tailoring for a sport or event, or you're recovering from injury, our certified personal trainers are here to provide you with expert guidance and professional personalized program design.



Group Exercise

Our motivational and enthusiastic group exercise instructors are well trained and take pride in directing classes that are member friendly, safe, and best of all, effective in helping you reach your fitness goals. You can choose from a variety of fun classes ranging from strength training to aqua aerobics. We've got a class for you—to suit any shape or size. Classes are included in your membership unless otherwise noted and are available to non-members as well.



Fall 2009 Group Exercise Schedule

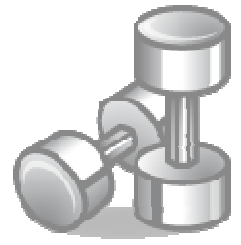
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:30am	*Boot Camp**	*Boot Camp**		*Boot Camp**		
5:15am-6:15am		Vinyasa Flow	Vinyasa Yoga			
6:30am-7:30am	*Boot Camp**	*Boot Camp**		*Boot Camp**		
7:00am-8:00am		Pilates Sculpt		Core Conditioning		AAT (7:15-8:15)
8:30am-9:30am	Hi-Lo	Muscle Moves		Muscle Moves	Hi-Lo	AAT
9:00am-10:00am	Splashercise	Water Works	Splashercise	Water Works	Splashercise	
9:30am-10:30am			Gentle Yoga			
10:30am—11:30am					Tai Chi	
5:30pm-6:30pm		Cardio Combo	AAT	BEAST		
5:30pm-6:30pm				Vinyasa Flow		
6:00pm-7:00pm	Power Yoga	Power Yoga				
6:00pm-7:00pm	Water Aerobics		Water Aerobics			

Please Note: This schedule begins September 8, 2009

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.

Pilates Fusion: Series of exercises performed on a mat to complement different elements of Pilates core work and posture work focusing on strengthening exercises and increasing flexibility.

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.

