

# CRA FITNESS SCHEDULE

**Class size is limited. Advance sign up is required.**

**See next page for class descriptions, reservation instructions, and procedures.**

**AM classes are at the CRA, PM classes are at the DYC.**

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>	8:30 am	Hi Lo Infusion	Cathy	CRA
	4:30 pm	Yoga Stretch	Marsha	DYC
	5:45 pm	Yoga Stretch	Marsha	DYC
<b>Tuesday</b>	6:15 am	Sunrise 50	Katie	CRA
	8:30 am	Yoga with Static Stretching	Gary	CRA
	4:30 pm	Full Body Functional Workout	Rebecca	DYC
<b>Wednesday</b>	8:30 am	Kripalu Yoga	Sophie	CRA
	4:30 pm	Yoga Stretch	Marsha	DYC
	5:45 pm	Yoga Stretch	Marsha	DYC
<b>Thursday</b>	6:15 am	Sunrise 50	Katie	CRA
	8:30 am	Bikram Yoga Method	Gary	CRA
	4:30 pm	Power Hour – Legs and Glutes	Rebecca	DYC
<b>Friday</b>	8:30 am	Hi Lo Infusion	Cathy	CRA
<b>Saturday</b>	8:30 am	Flex & Flow Yoga	Marsha	CRA
<b>Sunday</b>	9:30 am	Beginner Yoga	Gary	CRA

**We are also streaming classes on the Dalton CRA Facebook Page  
and the Dalton CRA Fitness Youtube Channel.**

**Visit [daltoncra.org](http://daltoncra.org) for schedule.**



400 Main Street • Dalton, MA 01226 • 413-684-0260 • [daltoncra.org](http://daltoncra.org)



# FITNESS CLASS DESCRIPTIONS

**AM classes are at the CRA, PM classes are at the DYC.**

## Cardio/Strength Training Class

**Hi-Lo Infusion:** 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**

**Sunrise 50:** Wake up and burn with Katie West! This 50 minute class uses a combination of cardiovascular exercise, strength training, and core work to torch fat and sculpt your best body. This is an intense workout that will keep you moving for almost an hour. The aim is to keep you guessing and challenge you differently each class. All fitness levels are welcome as modifications and challenging alternatives will be provided. **All Levels**

**Full Body Functional Workout:** Join Rebecca Carberry for an hour-long workout class that hits all the major muscle groups with a special focus on functional movement and core strength. This class is a great way to improve your overall muscular strength and endurance. Feel free to bring your own weights and exercise bands to kick things up a notch. **Any level of experience welcome!**

**Power Hour – Legs and Glutes:** Looking to strengthen and shape your lower body? This class is for you! This hour-long class with Rebecca uses knee and hip-dominant movements to target your glutes, quadriceps, hamstrings and calves. Class members are encouraged to bring their own exercise bands and weights. **Good for all levels**

## Yoga Classes

**Beginner Yoga:** Join Gary Davis for this Beginner Yoga class combining dynamic and static stretching with yoga poses. You will be able to slow down, focus on your breathing, and find that much needed deeper stretch. Each class will end with a relaxation pose leaving you feeling refreshed and ready to start your day. **Beginner Friendly but good for All Levels**

**Flex & Flow Yoga:** Marsha Anthony teaches a Vinyasa flow class which will awaken the body's energy, through the linking of several poses as we move fluidly with our breath to create strength, flexibility, endurance, and balance. Working all parts of our bodies equally, the poses help to create balance in the body which complements the activities of our daily lives. **Beginner/Intermediate**

**Yoga Stretch:** Join Marsha for this gentle to moderate Yoga class to open your body with gentle stretching. You will strengthen your core, increase flexibility, and find relaxation. Bring a yoga mat, 2 yoga blocks, a yoga strap, and a beach towel. **Beginner/Intermediate**

**Yoga Stretch & Strength:** Join Marsha in this fun Yoga class which incorporates Pilates, strength and balancing moves. Using our own body-weight, Pilates balls, weights, resistance bands, and more to increase flexibility, get stronger, and improve balance. Participants must bring their own equipment (as noted above). **Beginner/Intermediate**

**Kripalu Yoga:** Join Sophie for an approach to yoga poses that emphasizes breath work and encourages inward focus. **All Levels can benefit from the class**

**Bikram Yoga Method:** 26 postures and two breathing exercises in a 60 minute class at room temperature. Led by certified Bikram instructor Gary Davis. **Good for all levels**

**Yoga with Static Stretching:** Join Gary for a class featuring yoga postures along with static stretching for a full body workout. Some longer holds while focusing on breath and movement. **All levels**

**Class size is limited. Advance sign up is required.**

**To reserve a spot in class:** please call the CRA at 413-684-0260

Cost: free to members, \$10 per class for non-members • Equipment will not be provided • Please bring a mat

Please contact Charlene with any questions at 413-684-0260 or [cauger@daltoncra.org](mailto:cauger@daltoncra.org).

**Face Coverings and Masks:** Following Massachusetts guidelines, we have a plan in place for classes to be set up to provide social distancing space between participants, so face coverings and masks will not be required during class. To ensure everyone's safety, please wear face coverings/masks to and from class. *Thank you!*



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