

CRA FITNESS SCHEDULE

See next page for class descriptions.

All classes are at the CRA.

Effective July, 2022

| DAY | TIME | CLASS | INSTRUCTOR | LOCATION |
|------------------|---------|------------------------------|------------|----------|
| Monday | 8:30 am | Hi Lo Infusion | Cathy | CRA |
| | 4:30 pm | Yoga Stretch | Marsha | CRA |
| | 5:30 pm | Strength and Stretch | Marsha | CRA |
| Tuesday | 8:30 am | Yoga with Static Stretching | Gary | CRA |
| | 5:30 pm | Dance Party Fitness | Carolan | CRA |
| Wednesday | 8:30 am | Yoga and Movement with Robin | Robin | CRA |
| | 4:30 pm | Yoga Stretch | Marsha | CRA |
| | 5:30 pm | Strength and Stretch | Marsha | CRA |
| Thursday | 8:30 am | Yoga Stretch and Flow | Gary | CRA |
| | 5:30 pm | Dance Party Fitness | Carolan | CRA |
| Friday | 8:30 am | Hi Lo Infusion | Cathy | CRA |
| Saturday | 8:30 am | Flex and Flow Yoga | Marsha | CRA |
| Sunday | 9:30 am | Beginner Yoga | Gary | CRA |

Cost: Free to members, \$8 per class for non-members

Please contact Brianna with any questions at 413-684-0260 or bwilkins@daltoncra.org.



400 Main Street • Dalton, MA 01226 • 413-684-0260 • daltoncra.org



FITNESS CLASS DESCRIPTIONS

All classes are at the CRA.

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**

Dance Party Fitness: Join Carolan Bonnet for a fun and mood-boosting follow along dance fitness class that combines pop, Latin, international, show tunes, and throwback music with dance moves. No dance experience needed! **All are welcome!**

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 and 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**

Strength and Stretch: Join Marsha in this fun strength and yoga stretch class which incorporates Yoga, Pilates, strength and balancing moves for a full body workout. Using our own body-weight, Pilates balls, weights, physio balls, resistance bands, and more to increase flexibility, get stronger, and improve balance. **Beginner/Intermediate**

Yoga Stretch and Flow: Join Gary for yoga poses and stretching with some flow sequences focusing on alignment and breathing. Anything goes. **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**

Yoga and Movement with Robin: Yoga revitalizes the body and develops the power of the mind. These results are achieved through the use of stretching, breathing, mediation, balance and light exercise. A sense of well being is the result. **All levels**

Cost: Free to members, \$8 per class for non-members

Please contact Brianna with any questions at 413-684-0260 or bwilkins@daltoncra.org.



400 Main Street • Dalton, MA 01226 • 413-684-0260 • daltoncra.org

