

Spring/Summer Class Schedule

Effective April 24, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15am-6:15am Grind 21 Workshop*		5:15am-6:15am Grind 21 Workshop*		5:15am-6:15am Grind 21 Workshop*	
	8:30am-9:30am Hi-Lo Infusion	8:30am-9:30am Yoga With Static Stretching	8:30am-9:30am Yoga with Robin	8:30am-9:30am Yoga with Robin	8:30am-9:30am Hi-Lo Infusion	8:30am-9:30am Flex & Flow Yoga
9am-10am Vinyasa Yoga						
	4:30pm-5:30pm Yoga Stretch	4:30pm-5:30pm CRA Fit Club*	4:30pm-5:30pm Yoga Stretch	4:30pm-5:30pm CRA Fit Club*		
			5:30pm-6:30pm Strength & Stretch			

Class Schedule Locations



Multipurpose Room



CRA GYM

*These fitness classes are at an additional cost to your membership.

Class Descriptions

Vinyasa Yoga Series

Join Marsha on Sundays for a vinyasa class featuring a variety of yoga poses and stretches. A wonderful Sunday morning class to kick start your week! **All levels**

Hi-Lo Infusion

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

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 with Static Stretching

Join Gary for a full body warm up, followed by a floor series that works the entire body that alternately strengthens the spine, stabilize the core, flex the hips, and facilitate bending and final savasana. **All levels**

Yoga with Robin

Robin believes Yoga revitalizes the body and develops the power of the mind. The results are achieved through the use of stretching, balance, strength exercises, breathing, and meditation. Come join us and a sense of well-being will be the result. **All levels**

Strength and Stretch Yoga

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, balls, weights, resistance bands, and more to increase flexibility, strength, and balance.

Beginner/Intermediate

Boxing

This adult boxing class offers a dynamic combination of focus mitt work and agility training, providing a challenging and engaging workout that enhances boxing skills and overall fitness levels. Participants will improve their coordination, speed, and strength while enjoying the thrill of the sport. **Beginner/ Intermediate**

Flex and Flow Yoga

Marsha teaches a Vinyasa flow class which will awaken the body's energy, through the linking of poses fluidly with our breath, to create strength, flexibility, endurance, and balance. **Beginner/ Intermediate**

Specialty Classes & Workshops

Grind 21

It takes 21 days to start a habit and this workshop is designed to make the gym that for you. Join Mike Monday, Wednesday, and Friday mornings at 5:15am. Each class will be a combination of strength, cardio, and everything in between. This workshop runs for eight weeks, and **pre-registration is required. All levels**

***Please note this class is at an additional cost. Member \$100, Non-member \$125, and drop in \$10.**

CRA FIT CLUB Tues & Thurs 4:30-5:30pm **NEW!**

Everybody SWEAT now! And you will. This high end, never a dull moment full body workout will transform your fitness level. A high energy circuit class using a variety of training regimes awaits those who participate. Kettlebell, dumb bells, bodyweight, balance, aerobic conditioning, and range of motion movements are the cornerstone of this workout. Workouts will be conducted in the gym or outdoors based on the weather. Be prepared for the ultimate exercise experience and challenge. **Pre-registration is required. All levels**

Session 1: May 23rd – June 22nd

Session 2: July 11th – August 3rd

Session 3: August 15th – September 7th

***Please note this class is at an additional cost. Member \$40 and Non-member \$65.**

Personal Training/Health Coaching **NEW!**

MEASURE/ANALYZE/IMPROVE/CONTROL

A comprehensive 8 appointment service that provides the following components:

- Initial and ongoing consultations and appointments (8 in total)
- An individually designed program created to achieve your goals.
- Supervision and tracking of your progress.
- Initial and final measurements of your desired objectives.

***Please note this program is at an additional cost, \$300 for 8 meetings.**