

Effective September 2024

FITNESS PACKET

Rate Sheet Schedules

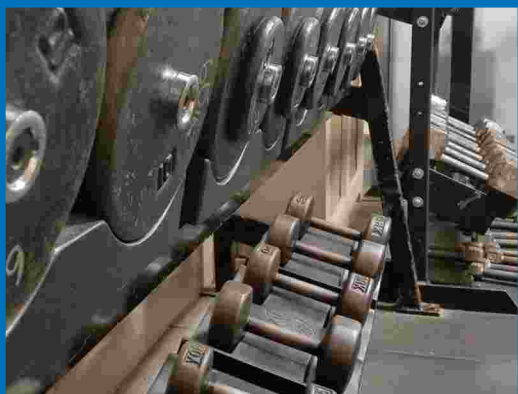
- Berkshire Fit Classes
- Pool: Classes and Lessons
- Gymnasium

Spring/Summer Hours

Monday – Friday 5:00 am – 8:00 pm
Saturday 7:00 am – 3:00 pm
Sunday 9:00 am – 1:00 pm

Recreation Team

Alison Peters	<i>Executive Director</i>	apeters@daltoncra.org
Dustin Belcher	<i>Director of Operations</i>	dbelcher@daltoncra.org
Kyle Lyman	<i>Program Manager</i>	klyman@daltoncra.org
Collin Parrott	<i>Program Coordinator</i>	cparrott@daltoncra.org
Missy Klinedinst	<i>Office Manager</i>	mklinedinst@daltoncra.org
Matthew Fisher	<i>Program Administrator</i>	mfisher@daltoncra.org
Mark Santella	<i>Fitness Center Manager</i>	msantella@daltoncra.org
Theresa Ott	<i>Aquatics Director</i>	aquatics@daltoncra.org



W. Murray Crane Community House
400 Main Street • Dalton, MA 01226 • 413-684-0260
daltoncra.org



Fall Gym Schedule

Effective September 1st, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-10:00AM Open Gym	5:15-6:15AM Grind 21- Workshop*	5:15-8:30AM Open Gym	5:15-6:15AM Grind 21- Workshop*	5:15-8:30AM Open Gym	5:15-6:15AM Grind 21- Workshop*	7:00-8:30AM Open Gym
10:00-11:30PM Open Gym	6:15-8:30AM Open Gym	8:30-9:30AM Yoga with Static Stretching	6:15-8:30AM Open Gym	8:30-9:30AM Yoga Class	6:15-8:30AM Open Gym	8:30-9:30AM Flex and Flow Yoga
11:30-1:00PM Basketball Workouts	8:30-9:30AM Hi Lo Infusion	10:00-12:00PM Table Tennis	8:30-9:30AM Strength & Mobility	10:00-12:00PM Pickleball	8:30-9:30AM Hi Lo Infusion	9:30-3:00PM Open Gym
	10:00-11:30PM Pickleball	12:00-2:00PM Lunch Time Hoops	10:00-11:30PM Pickleball	12:00-2:00PM Lunch Time Hoops	10:00-11:30PM Pickleball	
	11:30-1:00 PM Pickleball		11:30-1:00 PM Pickleball		11:30-1:00 PM Pickleball	
	1:00-2:00PM Open Gym	2:00-4:00PM Pickleball	1:00-2:00PM Open Gym	2:00-4:00PM Pickleball	1:00-2:00PM Open Gym	
	2:00-4:00PM Pickleball		2:00-4:00PM Pickleball		2:00-4:00PM Pickleball	
	4:30-5:30PM Yoga Stretch	4:00-5:00PM Open Gym	4:30-5:30PM Strength & Stretch	4:00-5:00PM Open Gym	4:00-5:00PM Open Gym	
	6:00-8:00PM Pickleball	5:00-8:00PM Volleyball	6:00-8:00PM Basketball Workouts	5:00-8:00PM Volleyball	5:30-8:00PM Volleyball	

Berkshire Fit Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4:30-5:30 PM Boxing		8:30-9:30 AM Boxing	

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

Class Descriptions

Flex & Flow Yoga Series

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

Hi-Lo Infusion

Hi-Lo 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 Yoga Stretch 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

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

Yoga

We believe Yoga revitalizes the body and develops the power of the mind. The results are achieved using 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 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

SUPER Circuit

Experience a dynamic and multifaceted fitness journey in our SUPER Circuit class, where heart-pumping cardio intervals seamlessly blend with strength-building exercises, kettlebell routines, agility drills, and balance challenges. This high-energy circuit will push your limits, enhance your endurance, and sculpt your body, leaving you feeling invigorated and stronger than ever. Join us for a complete workout that caters to every aspect of your fitness goals.

BOXING

Step into the ring and unleash your inner champion in our BOXING class. This dynamic session combines precision-focused mitt work, powerful heavy bag drills, and lightning-fast speed bag exercises to sharpen your boxing skills. With an emphasis on conditioning, agility, and speed, you'll leave each class feeling both empowered and in peak physical form, ready to conquer any challenge that comes your way.

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 on 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.**