

# Winter Gym Schedule

Effective November 11<sup>th</sup>, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-11:00AM 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
11:00-3:00PM Youth Basketball	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
	8:30-9:30AM Hi Lo Infusion	10:00-12:00PM Table Tennis	8:30-9:30AM Strength & Mobility	10:00-12:00PM Table Tennis	8:30-9:30AM Hi Lo Infusion	9:30-3:00PM Youth Basketball
	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	3:00-5:00PM Open Gym
	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	4:00-9:00PM Youth Basketball	4:30-5:30PM Strength & Stretch	4:00-9:00PM Youth Basketball	4:00-9:00PM Youth Basketball	
	6:00-9:00PM Youth Basketball		6:00-9:00PM Youth Basketball			

# Winter BerkFit Schedule

Effective November 11th, 2024

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

## Class Descriptions

### Flex & Flow Yoga Series

Join on Saturdays for a class featuring a variety of yoga poses and stretches. A wonderful Saturday morning class. **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, flexes the hips, and facilitate bending and final savasana. **All levels**

### Yoga Class

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**

### 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 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.

### Super Circuit

SUPERCIRCUIT is a dynamic and comprehensive fitness class that integrates various forms of exercise to provide complete workout experience. The class combines aerobic exercises, Tabata training, strength building, agility drills, balance exercises, core strengthening, and flexibility stretches in a time-based format. Participants can expect a challenging and varied session that targets all major aspects of physical fitness, making it suitable for individuals seeking a well-rounded and efficient workout.

## Specialty Classes & Workshops

**\*Additional Fees Apply**

### 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. **pre-registration is required**

### Jazz Funk Dance

Unleash your inner performer in our exhilarating Jazz Funk Dance class! This high-energy fusion of jazz and funk styles combines dynamic movements, expressive performance, and groovy rhythms. Designed for dancers of all levels, the class begins with a warm-up that focuses on strength, flexibility, and coordination. This workshop runs for eight weeks. **pre-registration is required**

### Youth Boxing

Join us for our Youth Boxing Class, designed for kids who want to build confidence, learn self-defense, and get fit in a fun, supportive environment! This class focuses on fundamental boxing techniques, including footwork, punches, and defensive skills, while emphasizing discipline, respect, and teamwork. This workshop runs for eight weeks. **pre-registration is required**