

FITNESS PACKET

Rate Sheet Schedules

- Berkshire Fit Classes
- Aquatics Classes and Lessons
- Gymnasium

Spring/Summer Hours

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

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
Becky Steele	<i>Program Manager</i>	rstele@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



FITNESS RATES

Membership Ages

Youth	0-18	Senior	60+
Adult	19-59	Special	EMT, Military, Police, Fire, College Student (full time), and BMC Employee

1-year General Membership

INCLUDES: General Use of the Facility (Open Gym Times at CRA/DYC, Locker Rooms, and Sauna)

Youth/Special	\$50	Adult	\$90	Senior	\$70
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Full Membership

INCLUDES: General Use of the Facility, Fitness Center, Pool, Pickleball, Personal Training Plan, and Regular Classes

	1 month	3-month	6-month	Year
Youth(13-18)/Special	\$20.00	\$55.00	\$105.00	\$200.00
Adult	\$46.00	\$110.00	\$195.00	\$335.00
Senior	\$41.00	\$95.00	\$170.00	\$310.00

** EFT — \$32/month with a year commitment**

Berkshire Fit Membership

INCLUDES: General Use of the Facility, Fitness Center, Pickleball, and Regular Classes

	1 month	3-month	6-month	Year
Youth(13-18)/Special	\$20.00	\$55.00	\$105.00	\$200.00
Adult	\$41.00	\$90.00	\$170.00	\$300.00
Senior	\$37.00	\$80.00	\$150.00	\$270.00

** EFT — \$29/month with a year commitment**

1 Year Pickleball Membership ONLY

Adult	\$115.00
Senior	\$105.00

Personal Training/Health Coaching

MEASURE/ANALYZE/IMPROVE/CONTROL \$300 Package

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.



Use of Facility Costs

1 Day Pass	\$10
Family Swim	Free for members, \$8 for Non-members, maximum charge of \$20 per family
Punch Card	\$130 to use the facility for 20 visits

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* Prices subject to change



GYM SCHEDULE

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*	
	6:15am - 8:30am Open Gym	5:15am - 8:30am Open Gym	6:15am - 8:30am Open Gym	5:15am - 8:30am Open Gym	6:15am - 8:30am Open Gym	7:00am - 8:30am Open Gym
	8:30am - 9:30am Hi Lo Infusion	8:30am - 9:30am Yoga	8:30am - 9:30am Drumming	8:30am - 9:30am Yoga	8:30am - 9:30am Hi Lo Infusion	8:30am - 9:30am Flex and Flow Yoga
9:30am - 1:00pm Open Gym	10:00am - 11:30am Pickleball	10:00am - 12:00pm Table Tennis	10:00am - 11:30am Pickleball	10:00am - 12:00pm Table Tennis	10:00am - 11:30am Pickleball	9:30am - 3:00pm Open Gym
	11:30am - 1:00pm Pickleball		11:30am - 1:00pm Pickleball		11:30am - 1:00pm Pickleball	
	1:00pm - 2:00pm Open Gym	12:00pm - 2:00pm Lunch Time Hoops	1:00pm - 2:00pm Open Gym	12:00pm - 2:00pm Lunch Time Hoops	1:00pm - 2:00pm Open Gym	
	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	
	4:30pm - 5:30pm Yoga Stretch	4:00pm - 6:00pm Open Gym	4:30pm - 5:30pm Yoga Stretch	4:00pm - 6:00pm Open Gym	4:00pm - 8:00pm Open Gym	
	5:30pm - 8:00pm Open Gym	6:00pm - 8:00pm Pickleball	6:00pm - 8:00pm Gym Rental	6:00pm - 8:00pm Pickleball		

GROUP EXERCISE 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**





GROUP EXERCISE CLASS DESCRIPTIONS CONTINUED

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

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**

Adult 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. **All levels**



BERKSHIRE FIT STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:00pm - 4:45pm Youth Boxing (Beginners)		5:00pm - 6:00pm Adult Boxing		8:30am - 9:30am Adult Boxing	

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**

Youth Boxing

Our Youth Boxing class is designed to teach young participants the fundamentals of boxing in a safe, fun, and supportive environment. This class emphasizes fitness, discipline, and confidence-building while introducing key techniques like footwork, punches, defensive moves, and basic combinations. Whether your child is looking to get active, develop their athletic skills, or explore the sport of boxing, this class is a great fit for all skill levels. Join us for an exciting, high-energy class that encourages personal growth and a positive, active lifestyle! **pre-registration is required**

Jazz and Funk

Get ready to groove in our Jazz and Funk class, where rhythm, energy, and style come together! This high-energy class blends the smooth, expressive movements of jazz with the infectious beats and bold attitude of funk. Perfect for dancers of all levels. Our experienced instructors will guide you through fun choreography and improvisation, helping you build confidence, musicality, and coordination. Whether you're new to dancing or looking to refine your skills, this class will have you moving to the beat in no time. Come get your funk on and let the music move you! **pre-registration is required**

****Additional Fees Apply***





Effective April 2025

AQUATICS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am - 9:00am Adult Lap	6:00am - 9:00am Adult Lap	6:00am - 9:00am Adult Lap	6:00am - 9:00am Adult Lap	6:00am - 9:00am Adult Lap	7:00am - 9:00am Adult Lap
9:00am - 11:00am Adult Lap	9:00am - 10:00am Splash-er-cise	9:00am - 10am Water Works	9:00am - 10:00am Splash-er-cise	9:00am - 10am Water Works	9:00am - 10:00am Splash-er-cise	9:00am - 9:45am Parent/Toddler Lesson
	10:00am - 10:45am Preschool Lesson	10:00am - 11:00am Adult Stroke Techniques Lesson	10:15am - 11:00am Homeschool Lesson	10:00am - 11:00am Adult Beginner Lesson	10:00am - 10:45am Parent/Toddler Lesson	9:45am - 10:30am Preschool Lessons
11:00am - 12:00pm Family Swim	11:00am - 12:00pm Family Swim	11:00am - 11:45am Preschool Lesson	11:00am - 12:00pm Family Swim	11:00am - 11:45am Preschool Lesson	11:00am - 11:45am Preschool Lesson	10:30am - 11:15am Beginner Lesson
12:00pm - 1:00 pm Birthday Party	12:00pm - 1:30pm Adult Lap	12:00pm - 1:30pm Adult Lap	12:00pm - 1:00pm Adult Lap	12:00pm - 2:00pm Adult Lap	12:00pm - 1:30pm Adult Lap	11:15am - 12:00pm Advanced Beginner/ Intermediate Lesson
			3:30pm - 4:15pm Beginner Lesson			12:15pm - 1:15pm Adult Lap
		4:15pm - 5:00pm Advanced Beginner Lesson	4:15pm - 5:00pm Intermediate Swimmer/ Advanced Swimmer Lesson			1:15pm - 2:15pm Family Swim
	5:00pm - 6:00pm Adult Lap	5:00pm - 5:45pm Beginner Lesson	5:00pm - 6:00pm Adult Lap		5:30pm - 6:30pm Adult Lap	
	6:00pm - 7:00pm Water Aerobics	5:45pm-6:30pm Preschool Lessons	6:00pm - 7:00pm Water Aerobics		6:30pm - 7:30pm Family Swim	





AQUATICS CLASS DESCRIPTIONS

Water Works

Join Theresa on Tuesday and Thursday mornings, for a half hour of water aerobics followed by a half hour of strength training. **Beginner/Intermediate**

Water Aerobics

This high energy class utilizes both the shallow & deep water in the pool. Let Heather challenge your endurance with water circuits, deep water drills, and lap swimming. You will burn lots of calories while you increase your strength, endurance, and range of motion. **Intermediate/Advanced**

Splash-er-cise

Join Theresa Mondays, Wednesdays & Fridays for a half hour of water aerobics and a half hour of volleyball. **Intermediate/Advanced**

Adult Lap Swim

The schedule will indicate what time the pool is available for lap swimming. Children must be 14 years of age to participate in adult lap without a parent/guardian. **All levels**

Family Swim

The schedule will indicate what time the pool is available for family swim. Children must be 14 years of age to participate in family swim without a parent/guardian. Please give the lifeguard your family swim ticket at the pool check-in for proof of payment. ***Non-members are required to pay a fee.**

SWIM LESSON DESCRIPTIONS

Parent Toddler (6mos. - 3yr)

Parent Toddler is a passive unstructured and friendly environment encouraging the interaction between other parents and children and future swim instructors. Children learn safety, bubble blowing, and arm and leg movements. **Child must have general membership.**

Pre School (3-5yr)

This class is for beginners with little or no experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, front and back floats, putting their faces in the water, jumping in, turtle dives and swimming the length of the pool. **Child must have general membership.**

Beginners (5yr and up)

This class is for beginners who have little or no experience in water. Children will work on putting their faces in, front and back floats, rhythmic breathing, and swimming on their fronts and backs with a flotation device such as a noodle or kickboard. Beginner's Deep end is for beginners who are comfortable in the water and deep end with no flotation device. The children will review the skills from the shallow end beginner's class and be introduced to front crawl, back crawl and rhythmic breathing. **Child must have general membership.**





SWIM LESSON DESCRIPTIONS CONTINUED

Advanced Beginner

Advanced Beginners The children will work on strengthening their front crawl, back crawl and completely submerging their heads. They will be introduced to diving, while kneeling, rotary breathing, and elementary backstroke kick. **Child must have general membership.**

Intermediate Swimmer

Intermediate Swimmers This class is for those who want to continue learning the basic strokes. The children will strengthen upon rotary breathing, front crawl and back crawl. They will be introduced to the elementary backstroke, breaststroke kick, side stroke kick, turning on the wall and standing front dives. **Child must have general membership.**

Advanced Swimmer

This class is for serious swimmers. Child will work up to swimming 100 yards of front crawl and back crawl, 25 yards of sidestroke and breaststroke, and 10 yards of butterfly. They will also be able to demonstrate appropriate turns for each stroke and tread water for 3 minutes. **Child must have general membership.**

Homeschool Swim

This is a beginner level swim class (levels 1 & 2) for homeschoolers ages 5&up. Students will work on front floats, back floats, submerging, rhythmic breathing as well as front and back crawls. **Child must have general membership.**

Adult Learn to Swim

This class is for beginners who have little to no experience in the water. **Membership is not required.**

Adult Stroke Techniques

This class is for adult swimmers who would like to work on their stroke techniques for strokes such as sidestroke, breaststroke, and butterfly. **Membership is not required.**