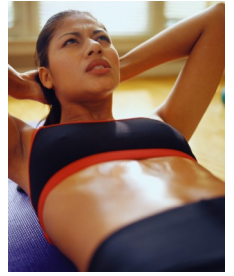




CRA FITNESS CENTER

“SHAPING UP THE BERKSHIRES SINCE 1995”



Winter 2011-2012 Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:30am	*Boot Camp** Gym			*Boot Camp** Gym		
5:30am-6:30am		Power Circuit				
7:00am-8:00am						AAT (7:30-8:30) Gym
8:00am-9:00am						
8:30am-9:30am	Hi-Lo Gym	Muscle Moves Gym	Yoga/Pilates Bowling Alley	Muscle Moves Gym	Hi-Lo Gym	
9:00am-10:00am	Splashercise	Water Works	Splashercise	Water Works	Splashercise	Yoga Flow Bowling Alley
9:30am—10:30am					Gentle Yoga Bowling Alley	
11:00am-12:00pm						
12:00pm-12:45pm						
5:30pm-6:30pm	Isometric Yoga Bowling Alley	Jump & Pump Gym	AAT Gym	Power Circuit RX Bowling Alley		
	*Boot Camp** Gym		Zumba	*Boot Camp** Gym		
6:00pm-7:00pm	Water Aerobics		Water Aerobics			

CLASS DESCRIPTIONS



Arms, Abs & Tush: Rob Giuliani teaches a traditional approach to weight training and helps shape those trouble spots for extreme results. Intermediate—Advanced

Gentle Yoga: This gentle yoga class is taught by Kalei Carlson. Yoga combines the movements with breathing to cleanse the body and to recharge it with vital energy to help you experience a dynamic workout. All Levels.

Hi—Lo: 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.

Jump and Pump: Take your current workout routine to a new level with this new style of class! Come join Kellie for this fast paced workout of 1 minute intervals of jump rope and 2-4 minute intervals of strength training. The class will end with some core work and stretches.

Muscle Moves: Christine Kielpinski helps you tone and strengthen your muscles using free weights, bands & stability balls. Beginner—Intermediate

Power Circuit: Get up bright and early to get in a great overall circuit style workout with Katie. This is a fun class that will challenge all fitness levels.

Power Circuit RX: Get in a full hour of a power workout with our new instructor Aimee! This class consists of a fast paced circuit style routine that will challenge every muscle group. All fitness levels welcome.

Splashercise: Join Theresa for a half hour of water aerobics and a half hour of volleyball.

Water Works: The first half hour of class is water aerobics and the last half hour is strength training.

Yoga/Pilates: You can expect an increase in flexibility, mobility, balance, and body awareness, as well as a decrease in back pain or other general pains. All Levels.

Zumba: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

