





Spring 2017 Dalton CRA Group Exercise Schedule

If you have any questions, please contact Jennifer McNulty, Fitness Director, at 413-684-0260 or jmcnulty@daltoncra.org

All fitness classes are included in Fitness Center membership, *except those with asterisk; an additional fee is required.*

All water classes require pool membership, pool punch card or pay per class.

Effective August 1, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am - 6:15am			Sunrise 60 Gym				
5:30am - 6:30am		*Boot Camp* Gym			*Boot Camp* Gym	*Boot Camp* Running	
			Spin Spin Room				
7:30am - 8:30am							AAT Gym
8:00am-9:00am							*Spin* Spin Room
8:30am - 9:30am		Hi-Lo Infusion Gym	Sculpting Strength Gym	Beginner Yoga Gym	Sculpting Strength Gym	Hi-Lo Infusion Gym	
8:45am - 9:45am							Flex & Flow Yoga Gym
9:00am - 10:00am		Splashercise Pool	Waterworks Pool	Splashercise Pool	Waterworks Pool	Splashercise Pool	
10:00am - 11:00am	Triple X Gym						
11:15am - 12:15pm							
12:00pm - 12:45pm		*Spin* Spin Room	Lunch Break Muscle Mix Gym	*Spin* Spin Room	Lunch Break Muscle Mix Gym	*Spin* Spin Room	
4:30pm-5:30pm		Yoga Stretch Gym					
5:30pm - 6:30pm			Total Body Challenge Gym	AAT Gym	Yoga Plus Gym		
6:00pm - 7:00pm		*Spin* Spin Room	*Spin* Spin Room	Water Aerobics Pool	*Spin* Spin Room		
		Water Aerobics Pool					

Schedule is subject to change

Class Descriptions

Cardio/Strength Training Classes:

Sunrise 60: Wake up and burn! This 60 minute class uses a combination of cardiovascular exercise, strength training, and core work to torch fat and sculpt your best body. This is an intense workout that will keep you moving for a full hour. The aim is to keep you guessing and challenge you differently each class. All fitness levels are welcome as modifications and challenging alternatives will be provided. **All Levels**

Hi-Lo Infusion: 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**

Total Body Challenge: Join James McMahon for this total body workout aimed at building muscle, losing inches, and sweating out the stress of the day! This circuit-style class uses dumbbells, resistance bands, bodyweight, and core strengthening movements to help make a leaner, healthier you. **All Levels**

Triple X Training: X marks the spot & we will hit all of them using weights, bands, balls, steps, and cardio drills, ending with a nice stretch. **All Levels**

Sculpting Strength: Christine Kielpinski helps you tone and strengthen your muscles using free weights, bands & stability balls. **Beginner/Intermediate**

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

Lunch Break Muscle Mix: This 45 minute lunch time class with James will challenge every muscle group and get your heart pumping. You will utilize weights, resistance bands, stability balls and your own bodyweight to perform a variety of functional resistance and cardio exercises. **Intermediate/Advanced**

Spinning:

Join our Spin Certified Instructors on an indoor cycling ride. The rides will focus on endurance, strength, and intervals. This is a great way to burn a lot of calories while having a good time. Water bottles and towels are required. Bike reservations are recommended. Reservations accepted beginning 12:00 pm the day prior to the class you would like to attend. Voicemail reservations will not be accepted. **All Levels**

Yoga Classes:

Beginner Yoga: This Beginner Yoga Class will bring you peace and tranquility by practicing traditional Hatha Yoga movements with breath. We will also be using the basic fundamentals of Yoga to deepen your knowledge and understanding to truly feel a state of relaxation. We will flow through sun or moon salutations to warm the body up for a mix of core engaging and balance poses. We will focus on correct alignment and which muscles to engage for a safe and refined practice! Ending the class with some deep stretching poses and OM Shanti (Peace) to end the class with the sound of unity! **Beginner**

Flex & Flow Yoga: Marsha Anthony teaches a Vinyasa flow class which will awaken the body's energy, through the linking of several poses as we move fluidly with our breath to create strength, flexibility, endurance, and balance. Working all parts of our bodies equally, the poses help to create balance in the body which complements the activities of our daily lives. **Beginner/Intermediate**

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 Plus: Join Marsha in this fun Yoga class which incorporates Pilates, strength and balancing moves. Using the body, stability balls, weights, resistance bands and more to increase flexibility, get stronger and improve balance. **Beginner/Intermediate**

Pool:

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

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

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**