



Fall 2015 Dalton CRA Group Exercise Schedule

If you have any questions, please contact Jennifer McNulty, Fitness Director, at 413-684-0260, ext. 16 or jmcnulty@daltoncra.org

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

Effective September 1, 2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am - 6:15am			Sunrise 60 Gym			Sunrise 60 Bowling Alley	
5:30am - 6:30am		*Boot Camp* Gym			*Boot Camp* Gym	*Boot Camp* Running	
		Spin Spin Room	*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	Essential Yoga Gym	Sculpting Strength Gym	Hi-Lo Infusion Gym	
9:00am - 10:00am		Splashercise Pool	Waterworks Pool	Splashercise Pool	Waterworks Pool	Splashercise Pool	Flex & Flow Yoga Gym
9:30am - 10:30am							
9:45am - 10:45am			*Spin* Spin Room				
10:00am - 11:00am	Triple X Gym						
12:00pm - 12:45pm		*Spin* Spin Room	Lunch Break Muscle Mix Gym/FC	*Spin* Spin Room	Lunch Break Muscle Mix Gym/FC	*Spin* Spin Room	
4:00pm - 4:30pm				Beginner Spin Spin Room			
4:30pm - 5:30pm					Body 360°		
5:30pm - 6:30pm		Vinyasa Yoga Bowling Alley	Total Body Challenge Gym	AAT Gym	Yoga Plus Gym		
6:00pm - 7:00pm		*Spin* Spin Room					
		Water Aerobics Pool	*Spin* Spin Room	Water Aerobics Pool	*Spin* Spin Room		

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 for this total body challenge class to build lean muscle, lose inches, and get your heart pumping! This class is designed to use low weights, resistance training, cardio intervals, and core strengthening movements for a defined, lean physique. Make the most of your workout with this full body workout! **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 Tanya Grillon will challenge every muscle group and get your heart pumping. We will incorporate weights, resistance bands, stability balls and cardio machines. **Intermediate/Advanced**

Body 360°: Join Jenn in this fast-paced, moderate intensity workout where all muscles of the body will be activated for a total body, 360° burn. Classes will include a mix of strength, cardio, and core exercises in a circuit format. **All Levels.**

Spinning:

Join our Spin Certified Instructors, Jennifer, Tom, Chris, James and Theresa M. 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:

Essential Yoga: Alicia Jones teaches an Essential Yoga creating balance in mind and body. Bringing awareness of movement and breath through several poses, this class will build endurance, strength, flexibility, and balance. It will allow us to become centered while listening to our bodies and focusing on the essence of Essential Yoga.

Beginner/Intermediate

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**

Vinyasa Yoga: This is a moderate practice of Vinyasa Yoga taught by Rima that begins with a warm up and leads to a quicker paced and vigorous Sun Salutations that connect poses and stretches in a fluid sequence. Poses and balances may be held for several breaths for strengthening and increased flexibility. Yoga blocks and straps are offered to support a safe alignment, healthy stretching and mindful breath. **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 O. 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 O. on Mondays, Wednesdays & Fridays for a half hour of water aerobics and a half hour of volleyball. **Intermediate/Advanced**

Water Aerobics: Join Heather for a an hour of circuit and strength training in the water with pool noodles and kick boards. **Intermediate/Advanced**

