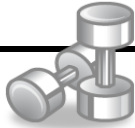





Summer 2014 Dalton CRA Group Exercise Schedule

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.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am - 6:15 am		Cardio Circuit Bowling Alley		Cardio Circuit Bowling Alley		
5:30 am - 6:30 am	*Boot Camp* Gym			*Boot Camp* Gym	*Boot Camp* Running	
	Spin Lg Conf Room	*Spin* Lg Conf Room	*Spin* Lg Conf Room	*Spin* Lg Conf Room	*Spin* Lg Conf Room	
7:30 am - 8:30 am						AAT Gym
8:00 am - 9:00 am						*Spin* Lg Conf Room
8:30 am - 9:30 am	Hi-Lo Infusion Gym	Sculpting Strength Gym	Cardio & Core Lg Conf Room & Gym	Sculpting Strength Gym	Hi-Lo Infusion Gym	
9:00 am - 10:00 am	Splashercise Pool	Waterworks Pool	Splashercise Pool	Waterworks Pool	Splashercise Pool	Flex & Flow Yoga Gym
9:45 am - 10:45 am		*Spin* Lg Conf Room				
12:00 pm - 12:45 pm	*Spin* Lg Conf Room	Lunch Break Muscle Mix Gym/FC	*Spin* Lg Conf Room	Lunch Break Muscle Mix Gym/FC	*Spin* Lg Conf Room	
5:30 pm - 6:30 pm	Vinyasa Yoga Bowling Alley		AAT Gym	Flex & Flow Yoga Bowling Alley		
6:00 pm - 7:00 pm	Water Aerobics Pool	*Spin* Lg Conf Room	Water Aerobics Pool	*Spin* Lg Conf Room		

Class Descriptions

Cardio/Strength Training Classes:

Cardio Circuit: Get up bright and early to get in a great overall circuit style workout with Katie West. This is a fun class that will challenge you. **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.**

Cardio & Core: Join Tracy Nichols for a 30 minute indoor cycling class followed by a 30 minute class focused on abs and total body stretching. **All Levels.**

Strength Training Classes

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. **All Levels**

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

Spinning: Join our Spin Certified Instructors, Jennifer, Bryan, Christine, Tracy, Tom, and Chip, 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

Vinyasa Yoga: This is a moderate practice of Vinyasa Yoga which 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 safe alignment, healthy stretching, and mindful breath. **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**

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

