



# Fall 2018 Dalton CRA Group Exercise Schedule

If you have any questions, please contact James McMahon, Fitness Director, at 413-684-0260 or [jmcmahon@daltoncra.org](mailto:jmcmahon@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 September 10, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am - 6:15am		<i>*Grind21* Gym</i>	Sunrise 50 Gym (50 mins)	<i>*Grind21* Gym</i>	Sunrise 50 Gym (50 mins)	<i>*Grind21* Gym</i> <i>*Spin &amp; Yoga* Spin Room</i>	
5:30am - 6:30am			<i>*Spin* Spin Room</i>				
7:30am - 8:30am							Weekend Jump Start Gym
8:00am-9:00am							<i>*Spin* Spin Room</i>
8:30am - 9:30am		Hi-Lo Infusion Gym	Fit Happens Gym	Beginner Yoga Gym	Fit Happens Gym	Hi-Lo Infusion Gym	
8:45am - 9:45am							Flex & Flow Yoga Gym
9:00am - 10:00am	Triple X Gym (9:15)	Splashercise Pool	Waterworks Pool	Splashercise Pool	Waterworks Pool	Splashercise Pool	
9:30am - 10:30am	Beginner Yoga Bowling Alley						
12:00pm - 12:45pm		<i>*Spin* Spin Room</i>	Lunch Break Muscle Mix Gym		Lunch Break Muscle Mix Gym	<i>*Spin* Spin Room</i>	
4:30pm-5:30pm		Yoga Stretch Gym					
5:30pm - 6:30pm		Zumba Bowling Alley (5:45)	Total Body Challenge Gym	<i>*Spin &amp; Yoga* Spin Room</i> P90X Gym	Yoga Plus Gym		
6:00pm - 7:00pm		<i>*Spin* Spin Room</i> Water Aerobics Pool	<i>*Spin* Spin Room</i>	Water Aerobics Pool	<i>*Spin* Spin Room</i>		

Schedule is subject to change

# Class Descriptions

## Cardio/Strength Training Classes:

**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**

**Lunch Break Muscle Mix:** This 45 minute lunch time class with James McMahon 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**

**P90X:** Join Rob LeVardi for this challenging one hour, total body training class. There will be cardio, core, and strength work using your own body weight and dumbbells. Modifications can be made for all movements to increase or decrease intensity. **All Levels**

**Fit Happens:** Get stronger and more fit in Christine's class using free weights, bands & stability balls.  
**Beginner/Intermediate**

**Sunrise 50:** Wake up and burn! This 50 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 almost an 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**

**Total Body Challenge:** Join Tariq Pinkston 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**

**Weekend Jump Start:** Kick your weekend into high gear with this total body fitness class! Join James McMahon as he leads you through this functional fitness experience designed to get you firing on all cylinders and working in all planes of motion. Bodyweight and dumbbell based exercises will help you strengthen and tone, with cardio intervals mixed in to ramp up the intensity and work up a sweat. **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:** Join Gary Davis for this Beginner Yoga class combining dynamic and static stretching with yoga poses. You will be able to slow down, focus on your breathing, and find that much needed deeper stretch. Each class will end with a relaxation pose leaving you feeling refreshed and ready to start your day. **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 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**

**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**

## 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**