



# BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

## Fitness Class Schedule ~ Sept 1-15th, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00				<b>BOOT CAMP</b> -HIGH INTEN SITY- *Not modified ~see Tammy or Shannon			
9:00-10:00	<b>Aero Tone</b> CC Tammy Schmidt	<b>Cardio Jam</b> CC Mimi Rosenblatt	<b>Cardio Combo Challenge</b> CC Tammy Schmidt	<b>Cardio Jam</b> CC Mimi Rosenblatt	<b>Aero Tone</b> CC Tammy Schmidt	<b>Instructor's Choice</b>  <b>(8:55-10)</b>  Kathy Roy	<b>Pilates</b> Don Fries Dr. Clark
10:00-11:00	<b>Whole Body Workout</b> CC Sandy French	<b>Yoga-Pilates Sculpt</b> CC Mimi Rosenblatt	<b>Whole Body Workout</b> CC Sandy French	<b>Yoga-Pilates Sculpt</b> CC Mimi Rosenblatt	 CC Mimi Rosenblatt	 <b>Zumba Tone</b> Mimi Rosenblatt	<b>Cardio Kickboxing</b> Cori Chadwick
10:00-11:00 <i>(In the Gym)</i>	<b>Women's Strength &amp; Balance for Seniors</b> CC,RS Bob Landau Group A	<b>Women's Strength &amp; Balance for Seniors</b> CC,RS Bob Landau Group B (9:30-10:30)	<b>Women's Strength &amp; Balance for Seniors</b> CC,RS Bob Landau Group A	<b>Women's Strength &amp; Balance for Seniors</b> CC,RS Bob Landau Group B (9:30-10:30)			
*11:30-12:30 <i>(In the Gym)</i>		<b>*Men's Strength &amp; Balance for Seniors</b> RS Bob Landau		<b>*Men's Strength &amp; Balance for Seniors</b> RS Bob Landau			
5:30-6:20		<b>RUSH</b> CC Rotating Instructors		<b>RUSH</b> CC Rotating Instructors			
5:30-6:30	<b>Power Hour</b> CC Kathy Roy		<b>Cardio Kick Boxing</b> CC Kathy Roy		<b>Power Hour</b> CC Kathy Roy		
*6:30-7:30		<b>*Yoga for Every Body</b> AF,CC Senta Reis		<b>*Yoga for Every Body</b> AF,CC Senta Reis			

**RS-** Recommended for Seniors    **AF-** Adaptive Fitness    **CC-** Child Care Available  
**Please bring your own personal fitness mat for exercise classes.**

## BSRCC Fitness Class Descriptions ~ Updated: August 9, 2011

### **Aero Tone**

**Monday and Friday 9-10 am**

Join this fun energetic class that offers a fat-burning cardio and total body strength training workout. Class is designed to work all the major muscle groups with special twists added by the instructor. CC

### **Cardio Combo Challenge**

Take a 60 minute cardio combo challenge! This weekly class includes high energetic cardio kickboxing and overall Body toning designed to improve coordination, muscular strength, balance and flexibility. CC

### **Boot Camp**

**Thursday 8-9am**

This once a week high intensity class will push you past your comfort zone. If you have energy and calories to burn then take it on this challenge! Note: You need to be able to keep the pace of the class. **High intensity. NO modifications, You will need to keep the pace of class.**

### **Zumba Tone**

**Saturday 10-11 am**

Enjoy the high energy Zumba you love plus get the added benefit of additional toning and sculpting. Experience interval training by alternating fun Zumba steps with light weight routines for a total body work-out. Burn calories and tone up those muscles while you move and groove to great Latin and international music. CC

### **Cardio Jam**

**Tuesday and Thursday 9-10 am**

A playful, high energy class that combines easy-to-follow Latin and Afro-Caribbean dance, jazz, funk and kick-boxing moves to create a fun, innovative work-out. Emphasis is on cardio-vascular fitness, coordination, muscular strength, balance and flexibility. CC

### **Whole Body Workout**

**Monday and Wednesday 10-11 am**

Work your entire body! After 30 minutes of cardio work we move on to strength training using weights or Dyna-Bands® to help tone muscles, strengthen and improve joint movement while building core strength. Suitable for all levels. AF, CC

### **Strength & Balance for Seniors**

**Women's: Monday & Wednesday 10-11 am "Group A"**

**Tuesday & Thursday 9:30-10:30am "Group B"**

**Men's: Tuesday & Thursday 11:30-12:30**

Balance, strength and coordination are the focus of this group strength training class for seniors. Feel better, control your weight and have fun as you will learn the correct way to lift weights and how to set up regular exercise routines in this group class. RS



**Zumba, Friday 10-11am**

Zumba is a high energy class that uses Latin and international music to create a dynamic, exciting and effective fitness program. Every class feels like a party! Zumba routines feature a combo of fast and slow rhythms that make you feel joyful and alive. No dance experience is necessary, just bring your joy and your enthusiasm.

### **Instructor's Choice**

**Saturday 8:55-10 a.m.**

Bring some balance into your life by taking this fun challenging class with a new twist each week! Enjoy the benefits of a stronger core, increased balance and more endurance for sports, recreation activities or the every day chores of life. Suitable for all levels.

### **Cardio Kick Boxing**

**Sunday 10-11 am and (Wednesday 5:30—6:30 pm )**

This class combines the flexibility and strength building of kickboxing with fat-burning cardio. Kickboxing is high energy, explosive, exciting, motivating and fun! Punch mitts are used for an intense energy and muscle building blast. Suitable for all levels.

### **Pilates**

**Sunday 9-10 am**

Our popular Sunday morning class is based on Joseph Pilates' discipline of strengthening the muscles central to posture and lengthening all muscles essential to balance, movement and agility. Suitable for all levels.

### **Yoga-Pilates-Sculpt**

**Tuesday and Thursday 10:00-11:00 am**

This all levels class combines traditional Hatha Asanas, Pilates core-strengthening, light hand weights, postural alignment, breath work and restorative poses to promote the integration of physical, emotional and energetic well-being. CC

### **RUSH**

**Tuesday and Thursday 5:30-6:20pm**

Wind down your day with this fun cardio and strength workout. Burn calories, build muscles and close your day knowing you've done something good for yourself. Suitable for all levels. CC

### **Power Hour**

**Monday and Friday 5:30-6:30 pm**

A one hour total body workout that incorporates a variety of high intensity cardio work focusing on cardio endurance and power, agility and strength ending with a relaxing stretch. Suitable for all levels. CC

### **Yoga for Every Body**

**Tuesday and Thursday 6:30-7:30pm**

Refresh your body, soul and spirit with this welcoming class with modifications offered for all levels. Promotes flexibility, gentle strength, and stress reduction. This is a Kripalu Yoga class taught with a compassionate approach. AF, CC

*Please note that Berkshire South reserves the right to add, alter or cancel programs at any time. Instructors and programming space are subject to change without notice.*

*Please call the Fitness office to inquire about classes, 413 528 2810 ext 35*

**DON'T MISS THE NEXT—GET FIT CHALLENGE**