

Class schedule is online at www.greatlifegolf.com/berkshire

GreatLIFE at BERKSHIRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	Strength & Weights 5:30am Ginger	Cycle 5:30am Ginger/Mike	Strength & Weights 5:30am Ginger	Cycle 5:30am Ginger	 	Cycle 7:30am John	
		Active Yoga 9:00am Mary		Active Yoga 9:00am Mary		Core & More 9:00am Bev	Yoga 9:00am Sherry
	Active Older Adult 10:00am McKensie		Active Older Adult 10:00am McKensie				
Evening	Core and More 5:30pm Bev	Zumba 5:30pm Candace	Boot Camp 5:30pm Bev	Zumba 5:30pm Candace			
	Yoga 6:30pm Sherry		Yoga 6:30pm Sherry				

Active Older Adult This is an uplifting class incorporating light aerobics, free weights & balance training. Advanced beginners to Intermediate. 60 minutes.

Active Yoga Warm up with Tai Chi, train your cardio system, functional strength, muscle balance & flexibility with PilatesFit & YogaFit. Advanced beginners to advanced. 60 minutes.

Core and More Tighten, tone, and sculpt all muscle groups with an emphasis on the core throughout this highly engaging and informative class. You will chose dumbbells, exercise balls, & other pieces of equipment as the resistance tools you need to increase balance and strength! Deep stretching is embedded to round out this fantastic workout!

Boot Camp Strength, cardio, muscle endurance, flexibility, core and functional movement patterns are all in one class! We never repeat the same class twice! All fitness levels are welcome and highly encouraged!

Noon Interval Take your fitness to a higher level with intervals followed by short rest periods. Intermediate to advanced. 45 minutes.

Cycle One hour of high intensity cycling that includes sprints, heavy climbs for strength, and other techniques that target the core. All fitness levels are welcome!

Strength & Weights Full body workout using a variety of equipment - geared to improve overall strength and burn calories. Short bursts of cardio are also incorporated in the class.

Yoga Come relax the mind, energize the the body, and rejuvenate the soul! This is a hatha/anusara based class. We begin with breath work, asanas (poses) that improve flexibility, strength and balance. Focus is on body alignment as well. All Fitness Levels.

Zumba Combine high energy Latin/International music with unique dance moves to create a fat burning, total body workout. All Fitness Levels. 45-50 minutes.