

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		BodyBlast 9:00am Daizy	Yoga 9:00am Sherry
Lunch Hour	Active Older Adult 10:00am McKensie		Active Older Adult 10:00am McKensie				
	Noon Interval 12:15pm Daisy	Noon Interval 12:15pm Daisy	Noon Interval 12:15pm Daisy	Noon Interval 12:15pm Daisy		Noon Interval 12:15pm Daisy	
Evening	Body Blast 5:30pm Bev	Zumba 5:30pm Candace	Body Blast 5:30pm Daisy	Zumba 5:30pm Candace			
	Yoga 6:30pm Sherry		Yoga 6:30pm Sherry	Elite Nutrition Fit Camp 7:00pm in the gym			

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.

Body Blast Focus is on weight-bearing, strength training, using hand weights using medicine balls and steps. The class never looks the same twice. Beginner to intermediate. 50-60 minutes.

Noon Interval Take your fitness to a higher level through 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.