

Berkshire Class Descriptions



Active Yoga - Warm up w/ Tai Chi, train your cardio system, functional strength, muscle balance & flexibility w/PilatesFit & YogaFit. 60 min. Adv Beg. to Adv.

Basic Spin - Learn all the basic moves and terminology needed for any spin/cycle class. 45 min. Beg to Adv Beg.

Bender Ball Pilates - This class provides dynamic, pain-free movement and a safer approach to core training and muscle balance. 45 min. All Fitness Levels

Boot Camp - A challenging strength and cardio mixture that you must experience. 45 min. Int. to Adv.



Cardio/Strength - Utilizes bikes and track for cardio and weights, exercise bands and core ball for strength. 45 min. Int. Beg. to Adv. **Requires pre-orientation.**

Fitball - This class builds core strength and balance using the fitball for strength training, back health & injury prevention. 40-55 min. All Fitness Levels

Fitness Conditioning - Uses a variety of equipment to increase cardiovascular endurance and muscular strength and endurance. 45 min. All Fitness Levels.

Hatha Yoga - Focus on deep breathing, long stretching, balance, strength and relaxation. 60 min. Beg. to Int.

Morning Mixer - Mix it up with a variety of movements and equipment. 45 min. All Fitness Levels.

Movement Basics - Designed for the beginner to learn basic movements that are used in most group exercise classes. 30 min. Beg

Noon Interval - Take your fitness to a higher level through intervals followed by short rest periods . 45 min. Int. to Adv.

Noon Sampler - Try a little bit of everything in these samplers to get the best results from a variety of workouts. 45 min. All Fitness Levels.



Oldies & Goodies - This is an uplifting class incorporating light aerobics, free weights & balance training. 60 min. Adv. Beg. to Int.

PM Sampler - Try a little bit of everything in this sampler to get the best results from a variety of workouts. 45 min. All Fitness Levels.

Senior Circuit - Using the weight machines, participants will gain strength in a 30 minute circuit using various protocols. **Requires pre-orientation.**

Senior Cycle - A fun-filled cycling class that's fitting for the older cyclist. 30 min. Beg. to Adv.



Spin - An energetic, hi-intensity cycling session. Keep calories burning long after class ends! 50-55 min. All Fitness Levels

Step - Get the most out of your workout using steps for improving cardiovascular endurance, muscle endurance and body composition! 45 min. All Fitness Levels

SujiKan - Improve cardio-vascular health, strength, and range of motion with a blend of martial arts, yoga, pilates & calisthenics. 45 min. Beg. to Adv.

Xtreme Training - Body weight, core ball and light weights are used to focus on many muscle groups at one time for an efficient calorie burn. 45 min. Int. to Adv.

Yoga Stretch - Uses BASIC yoga poses to reduce stress by stretching and relaxing muscle to increase flexibility. 45 min. All Fitness Levels.

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