GENERAL COURSES

AR 001 DODGEBALL - Players try to hit other players with balls and avoid being hit. Good times!

AR 100 AQUA ENERGIZER - a class for people of all ages and activity levels. The focus is on working the body, mind, and spirit via simple and engaging exercises that make the most out of how water can both free and support our whole selves. Class begins with a 20 minute warm-up in the shallow end followed by a twenty minute blast of faster-paced aerobic exercises. The class finishes in the deep end working with flotation devices. People are encouraged to work at their own pace and adjust any of the exercises to meet their own needs. This class is friendly, dynamic, and really fun!

AR 101 AQUA MAGIC - Watch as your aches and pains disappear like magic in this fun, energizing workout. Regardless of your fitness level, you will leave the pool feeling refreshed, relaxed, and ready for your day. This class utilizes the deep and shallow ends of the pool and includes both a cardio element and postural exercises designed to improve your balance and flexibility. Channel your inner Esther Williams and let the magic of the water work on you!

AR 111 MOVE LIKE WATER - Moving to music we jump, shake, stretch, balance, shimmy, smile, glide, flutter, jog, breathe, socialize, and relax, all in the healing field of water!! Yogic and Qi Gong practices are also employed. The class congregates in shallow water as well as deep water where noodles are used as props. All are welcome! Come immerse yourself into water's magic!!

AR 130 GENTLE YOGA - This class is designed to give the beginner a good foundation by focusing on the basics of breathing, flexibility, and relaxation.

AR 131 SLOW VINYASA YOGA FLOW - A breath-oriented flowing sequence of Yoga poses. Enjoy the many benefits of flow Yoga, including increased strength and flexibility. Leave feeling relaxed and refreshed. Beginner to Intermediate level.

AR 132A YOGA FLOW-LEVEL I - This level one class will focus on correct alignment, your breath, expansion in all directions and setting a foundation for a steady, comfortable flow and sustaining asanas.

AR 132B YOGA FLOW-BASICS - This Basics class is the foundation of freeing hips and spine using bolsters, belts, blankets and blocks to ensure comfort and alignment. You are either on your back or against the wall for added support and some spinal wave like cat flows.

AR 132C YOGA FLOW-ACTIVE - This is a yoga flow class geared toward beginners and intermediates, which focuses on the spinal wave movement sequences of Kali Ray Tri Yoga with the addition of the peaceful flow and conscious thought of Iyengar.

AR 133 HATHA YOGA - This is a more traditional Yoga class that involves holding poses for a span of several breaths. This practice helps to develop greater awareness and focus, strength, stamina, and flexibility. All levels welcome.

AR 134 KALI RAY YOGA – Experience your internal core strength with TriYoga kundalini inspired flow of postures, synchronized with rhythmic breathing and mental focus.

AR 135 CHAIR YOGA - This class is a modified series of traditional poses that focus on correct biomechanics to increase vitality, flexibility, and strength. This is a great class for someone who has never tried yoga before, has concerns about injury, or would prefer the comfort of using chairs and standing poses.

AR 136 PILATES with PROPS - Using a variety of equipment such as large and small exercise balls, the Magic Circle, and flex bands, this beginner/intermediate Pilates mat class helps you connect with your core. At the end of the class you will feel stretched and strong, from the inside-out!

AR 137 20/20/20 FOR THE MIND - Based on traditional yoga, this 1-hour class will focus on 20 minutes of Gentle Basic Yoga poses, 20 minutes of breathing (Pranayama), & 20 MINS of Irest-Yoga Nidra – a guided mediation.

AR 138 YOGA/ON THE BALL - With the aid of a physio ball, we explore what it is like to surrender into the support which is here. Give in to gravity and grace while stretching, balancing, bouncing, spiraling, and tasting the art of relaxation and letting go!

AR 139 PILATES/YOGA COMBO - This is a beginner/intermediate level class combining the continuous flow of stretching and yoga with core strengthening and toning Pilates exercises.

AR 140 CARDIO FUSION – This one-hour class will combine light aerobics, strength training and stretching. A great, balanced total body workout. Perfect for all levels.

AR 141 ZUMBA - An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health.
AR 142 CROSSTRAINING – Kick off your week with this high-energy workout designed to challenge your limits! Cardio movements are combined with strength exercises and a constantly shifting pace to keep the body guessing and target overall performance. Improve strength, power, agility, endurance, focus, and more… You never know what Life may throw at you – Be fit!

AR 143 CARDIO INTERVAL & SCULPT - A fun, high-energy class that combines cardio interval training and weight training to provide an effective workout for the entire body and a calorie-incinerating burn that will last even after you leave the gym!

AR 144 BOOTCAMP - Are you ready for a new challenge? Try this fun, group-centered workout! Sweat, cheer, laugh, motivate, and find hidden strengths as you work hard to complete exercise challenges designed to work the entire body. Expect cardio and strength movements, circuits, team efforts, and a great workout within a supportive environment!

AR 145 CORE FUSION - “All movement emanates from the core.” Drawing from martial arts, Pilates, dance, Yoga, and the natural world, experience a full-body workout that centers around core stability and strength. Move with greater control and awareness. Develop centered strength, improve balance and coordination, engage focused clarity.

AR 165 BOFFING - A fast paced, physical sport in which participants compete against each other with foam, medieval-style weapons in a safe and controlled environment.

AR 166 INTRAMURAL BASKETBALL – This activity offers the beginner to learn new skills and for the experienced player to improve their skills. Each class will include either a half-court or full-court game. A good warm-up for the competitive basketball season!

AR 300 MASTER’S SWIM CLUB - Open to any SRC student who has proficiency in at least two of the competitive strokes. This is an open club with swimmer’s aged 16 through 80+. A great way to meet a diverse group of people.

AR 301 FITNESS CLUB - Do you like exercising? Do you have a fitness goal, but lack motivation? Do you like being with people? If you answered yes to any of these questions, JOIN FITNESS CLUB! We meet in the Aerobic Studio to discuss our fitness goal and plan what we’re going to do for the day’s session, then we work out! This club is all about support and encouragement for everyone while they're working out.

AR 302 RUNNING CLUB - The running club seeks to promote a healthy lifestyle by encouraging runners at all levels to challenge themselves in mind and body. By running longer distances as a group, we hope to instill perseverance and positivity in every participant so that they can carry those lessons both in and out of the athletic setting. If they wish to compete, participants will have the opportunity to sign up for race events funded by the college.

AR 303 BADMINTON CLUB - Badminton club aims to create an opportunity for people to learn and actively participate in the sport. Anyone is welcome to join!

AR 400A INTRAMURAL SOCCER – This activity offers new-comers the opportunity to play the beautiful game in a friendly, non-competitive environment. Each session will include up to 15 minutes for warm-ups and stretching, followed by either small sided or full-field scrimmages.

INSTRUCTIONAL COURSES

AR 020 INTRO TO ROCK CLIMBING – Learn how to climb on the rock wall! We’ll teach you all the basics, from belaying to knot tying, and get you started on rock climbing. If you already have experience you are welcome to join us.

AR 120 RED CROSS LIFEGUARD TRAINING - This is the standard Red Cross course for pool lifeguard certification. Successful candidates are eligible for employment as pool lifeguards. ($100 fee)

AR 121 SWIMAMERICA INSTRUCTOR’S TRAINING- Through classroom work and practical applications in the pool; you will learn how to teach non-swimmers from 3 years old and up how to swim. Successful completion of this course will entitle you to work in the school-age lesson program. If you love kids and considering a future of working with young people, this is a perfect opportunity. ($25 fee)

AR 122 SWIM LESSONS - If you’ve never had the time to learn to swim, are fearful of water, know how to “dog paddle” but want more, or are a fairly accomplished swimmer that would like to improve your butterfly – do we have lessons for you. Let your fellow student’s help you learn the skills that you want.

AR 150 COMMON SENSE SELF-DEFENSE - This 10 week, progressive course will introduce participants to the martial arts as a means for self-defense and self-development. The emphasis will be on conditioning the body and mind, practicing movements to improve kinesthetic awareness, and executing offensive and defensive techniques to aid in self-defense. Students from every level of fitness are welcome. Loose fitting clothing is required. This is a physical activity class. If you have any physical restrictions or other issues that will limit you, please let the instructor know the first day of class.

AR 160 TENNIS/SQUASH – Learn the fundamentals of these two fun games. Not only are we hitting a little ball, we’re hitting it hard. An excellent way to relieve stress!


COMPETITIVE SPORTS TEAMS

AR 400-402 SOCCER, SWIM, & BASKETBALL TEAMS – All of our teams practice at least 3 times per week for 1 & ½ to 2 hours and compete against other small colleges and private high schools in the Berkshire region. Experience is the respective discipline is helpful, but not required. All students are encouraged to join our teams. GO LLAMAS!!!