



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT THIS FALL

Group Fitness Classes BERLIN YMCA



It's time to get fit for Fall. Join our group classes and be fit and fabulous!

WHEN: FALL I SESSION

Week of September 5 – Week of October 23, 2017

FALL II SESSION

Week of November 26 – Week of December 18, 2017

FEE: *No fee if you are a full member of the Meriden–New Britain–Berlin YMCA .

Program members pay \$55 per 8 week session. Preregistration required.

LOCATION: **Classes – Berlin YMCA Fitness, 1176 Farmington Avenue**

Registration – Call Amy at Berlin YMCA, 362 Main Street at 860.357.2717

DAY	TIME	CLASS	FULL MEMBER FEE	PROGRAM MEMBER FEE
Monday	12:30 p.m.	Strength	Free*	\$55 for 8 weeks
Monday	6:15 p.m.	Pilates	Free*	\$55 for 8 weeks
Tuesday	6:30 p.m.	Piyo	Free*	\$55 for 8 weeks
Wednesday	8:00 a.m.	TBD	Free*	\$55 for 8 weeks
Wednesday	12:30 p.m.	Pilates	Free*	\$55 for 8 weeks
Wednesday	7:00 p.m.	Yoga	Free*	\$55 for 8 weeks
Thursday	6:15 p.m.	Pilates	Free*	\$55 for 8 weeks
Friday	12:30 p.m.	Strength	Free*	\$55 for 8 weeks
Saturday	9:30 p.m.	Pound	Free*	\$55 for 8 weeks
Saturday	11:00 a.m.	Kids Yoga (ages 5 -15)	Free*	\$55 for 8 weeks

BERLIN YMCA
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www.nbbymca.org facebook.com/BerlinYMCA

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