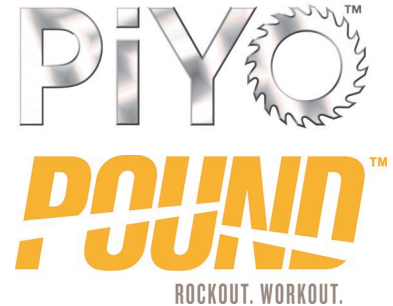




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT AND CONFIDENT

Group Fitness Classes BERLIN YMCA



Join our group classes and be fit and fabulous!

WHEN: Fall I September 3—October 22, 2018

Fall II October 29—December 17, 2018

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 for ALL classes

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	10:00 a.m.	Pilates	Free*	\$55 for 8 weeks
Monday	6:30 p.m.	Pilates	Free*	\$55 for 8 weeks
Tuesday	6:30 p.m.	PiYo™	Free*	\$55 for 8 weeks
Wednesday	10:00 a.m.	Pilates	Free*	\$55 for 8 weeks
Wednesday	5:45 p.m.	Beginner Yoga	Free*	\$55 for 8 weeks
Wednesday	7:00 p.m.	Intermediate/ Advanced Yoga	Free*	\$55 for 8 weeks
Saturday	9:30 a.m.	Pound™	Free*	\$55 for 8 weeks

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