



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YEAR NEW YOU

Group Fitness Classes BERLIN YMCA



Join our group classes and be fit and fabulous!

WHEN: **WINTER SESSION**
 Week of January 8—March 1, 2018
SPRING I SESSION
 Week of March 12—May 3, 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	12:30 p.m.	Barbell Strong	Free*	\$55 for 8 weeks
Monday	6:15 p.m.	Pilates	Free*	\$55 for 8 weeks
Tuesday	9:30 a.m.	Senior Fitness	Free*	\$55 for 8 weeks
Tuesday	6:30 p.m.	PiYo	Free*	\$55 for 8 weeks
Wednesday	8:00 a.m.	Cardio Boot Camp	Free*	\$55 for 8 weeks
Wednesday	10:00 a.m.	Pilates	Free*	\$55 for 8 weeks
Wednesday	7:00 p.m.	Yoga	Free*	\$55 for 8 weeks
Thursday	9:30 a.m.	Senior Fitness	Free*	\$55 for 8 weeks
Thursday	6:15 p.m.	Pilates	Free*	\$55 for 8 weeks
Friday	12:30 p.m.	Barbell Strong	Free*	\$55 for 8 weeks
Saturday	10:00 a.m.	Yoga for Kids	Free*	\$55 for 8 weeks

BERLIN YMCA
362 Main Street, Berlin CT 06037
P 860 357 2717
www.nbbymca.org [facebook.com/BerlinYMCA](https://www.facebook.com/BerlinYMCA)

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