



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: 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, 1 176 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	6:15 p.m.	Pilates	Free*	\$55 for 8 weeks
Tuesday	9:30 a.m.	 SilverSneakers by TriVity Health	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	5:45 p.m.	Yoga	Free*	\$55 for 8 weeks
Wednesday	7:00 p.m.	Yoga	Free*	\$55 for 8 weeks
Thursday	9:30 a.m.	 SilverSneakers by TriVity Health	Free*	\$55 for 8 weeks
Friday	12:30 p.m.	Barbell Strong	Free*	\$55 for 8 weeks
Saturday	9:30 a.m.	 POUND ROCKOUT. WORKOUT.	Free*	\$55 for 8 weeks

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

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