



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GET FIT THIS FALL

### Group Fitness Classes BERLIN YMCA



Join our group classes and be fit and fabulous!

**WHEN:** Fall I Session September 3 – October 21, 2019  
Fall II Session November 4 – December 23, 2019

**LOCATION:** Yoga is held at the Berlin YMCA Program Center at 362 Main Street.  
All other classes are held at the Berlin YMCA Fitness, 1176 Farmington Avenue.  
Preregistration is required. 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   | 5:30 p.m.  | Beginner Yoga                      | Free*            | \$55 for 8 weeks   |
| Tuesday   | 6:30 p.m.  | Intermediate Yoga                  | 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 | 6:30 p.m.  | PiYo                               | Free*            | \$55 for 8 weeks   |
| Thursday  | 6:15 p.m.  | Pound™                             | Free*            | \$55 for 8 weeks   |
| Saturday  | 8:00 AM    | Personal Fitness with Ben Belancik | \$30 for 8 weeks | \$30 for 8 weeks   |

Nonmembers are \$55 for 8 weeks

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

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## GET FIT THIS FALL

### Personal Fitness with Ben Belancik

Get fit in our group personal training class with Ben Belancik.

- WHEN:** Fall I Session September 3 – October 21, 2019  
Fall II Session November 4 – December 23, 2019
- DAY/TIME:** Saturdays 8:00 AM - 9:00 AM
- FEE:** \$30 for 8 weeks for Meriden–New Britain–Berlin YMCA members. \$55 for 8 weeks for nonmembers.
- LOCATION:** Yoga is held at the Berlin YMCA, 362 Main Street.  
All other classes are held at the Berlin YMCA Fitness, 1176 Farmington Avenue.
- REGISTER:** Preregistration is required. Call Amy at the Berlin YMCA at 860.357.2717.

#### Ben Belancik, Personal Trainer

Throughout my elementary school years I was active in baseball, basketball, and bowling. It wasn't until middle school when I began to go through difficult times and the weight started piling on. In high school I became more active, started walking as part as my exercise regime but then I was in a car accident. I couldn't exercise at all and the weight started coming on again.

When I started college I had hit 300 pounds and maintained that until I was about to get married and lost 20 pounds. I consulted with a doctor about weight loss surgery. He told me I had to lose 30 pounds first. After a few months of the right exercise and diet plan the weight started coming off and I decided not to have the surgery.

Since then I have maintained my 110 pound weight loss. I use exercise as a stress reliever, and manage my weight and eat smarter. I am so much happier. Since I had so much success with my journey I decided to become a personal trainer to teach others how to live a much healthier life. There are so many goals that people can have and while it may be just to live healthier, lose weight, build muscle, or get involved, I would love to help you set and achieve your goals.



#### Personal Accomplishments

- Weight loss of 125 lbs
- Ran four 5K's
- 2 Time Tough Mudder Completion
- Cheshire Half Marathon
- MS 50 mile bike ride
- Eversource Marathon Finisher
- 1 Time Rugged Maniac Finisher
- 1 Time Warrior Dash Finisher

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