



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO SHAPE

Group Fitness Classes BERLIN YMCA



Join our group classes and be fit and fabulous!

WHEN: Spring I Session March 11– April 29, 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.

To register 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	5:30p.m.	Beginner Yoga	Free*	\$55 for 8 weeks
Tuesday	6:30 p.m.	Intermediate Yoga	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
Saturday	8:00 AM	Personal Fitness with Ben Belancik**	Free*	\$55 for 8 weeks

- Free for Meriden–New Britain–Berlin YMCA members with your full facility membership

** This class runs March 9 – April 27, 2019

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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