



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SHAPE UP FOR SUMMER

Group Fitness Classes BERLIN YMCA



Join our group classes and be fit and fabulous!

WHEN: Spring II Session May 6 – June 29, 2019

Summer Session July 8 – August 31, 2019

Please note the Pound class session dates are:

Spring II Session May 30 – July 18, 2019

Summer Session July 25 – August 25, 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	5:30 p.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
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 facebook.com/BerlinYMCA

BERLIN YMCA FITNESS
1176 Farmington Avenue, Berlin CT 06037
P 860 357 2717
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SHAPE UP FOR SUMMER

Personal Fitness with Ben Belancik

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

WHEN: Spring I Session: March 9 - April 27, 2019
Spring II Session May 6 - June 29, 2019
Summer Session July 8 - August 31, 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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