



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 January 7– February 25, 2019
Spring I Session March 11– April 29, 2019

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 are held at 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	6:30 p.m.	PiYo	Free*	\$55 for 8 weeks
Wednesday	10:00 a.m.	Pilates	Free*	\$55 for 8 weeks
Wednesday	5:45 p.m.	Beginner Yoga	Free*	\$55 for 8 weeks
Wednesday	7:00 p.m.	Intermediate Yoga	Free*	\$55 for 8 weeks
Saturday	8:00 AM	Pound™	Free*	\$55 for 8 weeks

BERLIN YMCA
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www.nbbymca.org [facebook.com/BerlinYMCA](https://www.facebook.com/BerlinYMCA)

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