



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATE A NEW YOU

Group Fitness Classes BERLIN YMCA

Join our group classes and be fit and fabulous! Classes are held at the Berlin YMCA at 362 Main Street. Preregistration for the 8 week class is required. Please call Amy at 860 357 2717.

Masks are required in the building. There will be a temperature check and screening questions upon entry. You may remove your mask while exercising when safely distanced from other class participants.



DATES	DAY/TIME	CLASS	FULL MEMBER FEE	PROGRAM MEMBER FEE
10/12-12/7	Monday 11:30AM- 12:15PM	Pilates	Free*	\$55 for 8 weeks
11/13-12/22	Tuesday 6:30-7:30 PM	Yoga	Free*	\$55 for 8 weeks
10/14-12/9	Wednesday 11:30AM- 12:15PM	Pilates	Free*	\$55 for 8 weeks
10/15-12/10	Thursday 6:15-7:00 PM	Pound™	Free*	\$55 for 8 weeks

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