

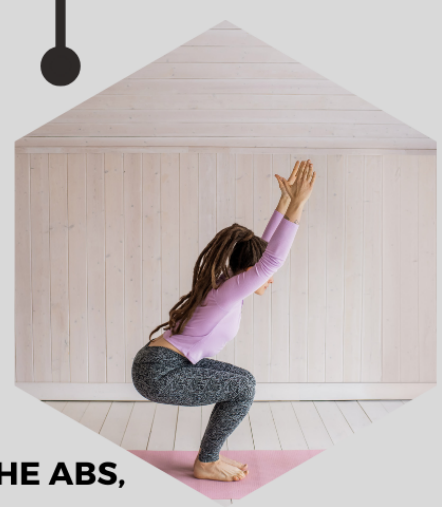
PERSONAL EUPHORIA

VIRTUAL CLASSES

FITNESS SCHEDULE

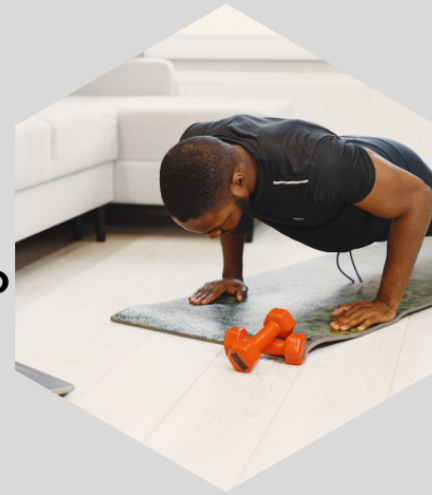
- **PILATES**

EXERCISES FOCUS ON THE CORE MUSCLES WHICH INCLUDE THE ABS, BACK, GLUTES AND SHOULDERS. WE WORK TO CREATE BALANCE AND STRENGTH IN YOUR TUNK AND LOOSE, LIMBER LIMBS. PILATES STRIVES TO MAKE YOU STRONG AND LONG WHILE IMPROVING BALANCE, COORDINATION AND POSTURE. EVERY PART OF THE BODY GETS WORKED AND YOU'LL DISCOVER MUSCLES YOU NEVER KNEW YOU HAD. YOU'LL NEED: A MAT, WATER. - STARTING APRIL 16TH. TUESDAYS 6-6:45PM. \$80 RESIDENTS \$90 NON-RESIDENTS.



- **CARDIO STRENGTH**

THIS FUNCTIONALLY, FUN CLASS PROVIDES A COMPLETE WORKOUT THAT WILL HELP TONE AND RESHAPE YOUR BODY. WE'LL TARGET THE ARMS, LEGS, ABS AND BUTT. IN ADDITION TO USING WEIGHTS TO HELP BUILD STRENGTH, THIS CLASS INCORPORATES SOME LIGHT CARDIO TO HELP IMPROVE CARDIVASCULAR HEALTH. THE STRENGTH AND CARDIO COMBO IS A GREAT WAY TO IMPROVE OVERALL FITNESS AND BUILD BONE DENSITY. YOU'LL NEED: YOGA MAT, WEIGHTS (1-3LB AND 5-8LB, OR LARGER IF DESIRED.) - STARTING APRIL 17TH. WEDNESDAYS 8:30AM-9:15AM. \$80 RESIDENTS \$90 NON-RESIDENTS.



- **CORE STRENGTH**

THIS FUNCTIONALLY, FUN CLASS PROVIDES A COMPLETE WORKOUT THAT WILL HELP TONE AND RESHAPE YOUR BODY. YOU WILL USE LIGHT WEIGHTS, BANDS, AND YOUR OWN BODY WEIGHT TO IMPROVE STRENGTH, FLEXIBILITY, BALANCE, AND STAMINA TO SCULPT AND TONE. THE STRENGTH AND CARDIO COMBO IS A GREAT WAY TO IMPROVE OVERALL FITNESS AND BUILD BONE DENSITY. YOU'LL NEED: YOGA MAT, WEIGHTS (1-3LB AND 5-8LB, OR LARGER IF DESIRED.) - STARTING APRIL 18TH. THURSDAYS 6-6:45PM. \$80 RESIDENTS \$90 NON-RESIDENTS.



REGISTRATION STARTS MARCH 11TH. PLEASE VISIT THE TOWN'S WEBSITE AT WWW.BERLINCT.GOV OR THE TOWN'S FACEBOOK PAGE AT [FACEBOOK.COM/TOWNBERLINCT](https://www.facebook.com/TOWNBERLINCT).