

# BNL FITNESS CLASSES

SEPT-OCT 2012

[www.bnl.gov/bera](http://www.bnl.gov/bera)

**ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES**  
*Classes cannot be pro-rated. Your paid registration is needed to secure instructors.*  
**Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400A**

**AQUA AEROBICS** – 8 week session - \$32 for 1x week OR \$60 for 2x week

5:30-6:30pm at the Pool, Bldg 478

Tuesday: Sept 11, 18, 25, Oct 2, 9, 16, 23 & 30

Thursday: Sept 6, 13, 20, 27, Oct 4, 11, 18 & 25

**PILATES** – 8 week session - \$40 for 1x week

5:30-6:30pm – Rec Hall, Bldg 317

Monday: Sept 10, 17, 24, Oct 1, 8, 15, 22 & 29

**YOGALATES** – 8 week session - \$40 for 1x week OR \$75 2x week

12:15-1:15pm – Rec Hall, Bldg 317

Monday: Sept 10, 17, 24, Oct 1, 8, 15, 22 & 29

Thursday: Sept 6, 13, 20, 27, Oct 4, 11, 18 & 25

**ZUMBA** – 8 week session - \$40 for 1x week OR \$75 for 2x week

12-1pm at the GYM, Bldg 461

Tuesday: Sept 11, 18, 25, Oct 2, 9, 16, 23 & 30

5:15-6:15pm at the Rec Hall – Bldg 317

Wednesday: Sept 12, 19, 26, Oct 3, 10, 17, 24 & 31

POOL ~ GYMNASIUM ~ WEIGHT ROOM  
BERA Sports & Clubs ~ Volleyball/Soccer/Basketball  
<http://www.bnl.gov/bera/recreation/clubs.asp>

----- COMPLETE and return with your registration fee -----

**2012 BERA FITNESS REGISTRATION – Aqua Aerobics, Pilates, Yogalates & Zumba!!**  
(Sept-Oct)

Activity: \_\_\_\_\_ Class Day: \_\_\_\_\_ # of Weeks \_\_\_\_\_

Name: \_\_\_\_\_  
(Please Print)

BNL Life/Guest Number: \_\_\_\_\_ Building Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

Make checks payable to BERA and mail to: Recreation Office, Building 400A

***Proof of Medical Insurance is required for all Guests/Users & Family Members***  
***\*\*Please check with your physician before starting any fitness program.***

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The following activities **do not** require registration:

## \$ PAY AS YOU GO:

- **Kardio Kickboxing** - Mon & Thurs @ 12:15pm in the gym, \$5 per class (Bldg 461)  
Contact Recreation Office x2873
- **Aerobic Fitness** - Tuesday @ 5:15pm in the Rec Hall (B. 317)  
10 Classes for \$40, or \$5 per class  
Contact Kathy Schoenig x2818 or email: [schoenig@bnl.gov](mailto:schoenig@bnl.gov)

## FREE, FREE, FREE:

- **Reiki Healing Circle** - contact Nicole Bernholc x2027  
Thursday - 12 Noon - email [berholc@bnl.gov](mailto:berholc@bnl.gov) for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*  
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206  
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30)  
[More Yoga class information](#)

Review the interesting opportunities offered by BERA Clubs:

<http://www.bnl.gov/bera/recreation/clubs.asp>

BERA Club information can be found at: [www.bnl.gov/BERA](http://www.bnl.gov/BERA)

*\*\*Please check with your physician before starting any fitness program.*

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## BNL Ballroom Dance Club

Checkout our new website: <http://www.bnl.gov/bera/activities/dance/default.asp>

This dance session begins Wednesday, September 5, 2012 at the Brookhaven Center North Ballroom.  
The cost is \$45/person for the 6-week series.

5:30-6:30 - Beginner Foxtrot  
6:30-7:30 - Intermediate Hustle  
7:30-8:30 - Intermediate Bolero

Practice sessions are held on most but not all Mondays from 5:30-6:30pm in the North Ballroom at the Brookhaven Center. There is no formal instruction but music is provided. If you would like to attend, please contact: Vinita Ghosh (6226) [ghoshvj@bnl.gov](mailto:ghoshvj@bnl.gov) or Kathleen Tuohy (3845) [tuohy@bnl.gov](mailto:tuohy@bnl.gov)