

FITNESS CLASSES AT BNL

(November thru January 2010) **Revised**

PAY AS YOU GO activities that run year round:

- **Kickboxing** - contact Recreation Office x2873
Monday & Thursday @ 12 Noon in the gym - \$5 per class

FREE activities available all year:

- **Reiki Healing Circle** - contact Nicole Bernholc x2027
Thursday - 12 Noon - [email](#) for location
- **Tai Chi** - contact A. Rusek x5830
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center
- **Yoga** - contact Ila Campbell x2206
Wednesday - 12 Noon @ Brookhaven Center, North Room - [More Yoga class information](#)

Ballroom Dance Club

Three different hour-long dance classes are held on Wednesday's from September to May: 5:15 for beginner; 6:15-beginner/intermediate; and 7:15-intermediate. Contact Kathleen Tuohy, x3845; John Millener, x3853; Donna Grabowski, X2720; Kerry Mirabella, x2632 or Mike Hanson, x2947 for additional information. Cost: \$33pp for 6-week session.

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES
Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400

AQUA AEROBICS – 8 week session - \$20 for once a week OR \$40 for twice a week
REVISED DATES!!!

5:30-6:30pm at the Pool – Bldg 478
Tuesday: Nov 10, 17, Dec 1, 8, 15, Jan 5, 12, 19 & 26 added
Thursday: Nov 12, 19, Dec 3, 10, 17, Jan 7, 14 & 21

ZUMBA – 8 week session - \$80 for once week
12-1pm at the GYM – Bldg 461 - please note time change!!
Tuesday: Nov 10, 17, 24, Dec 1, 8, 15, Jan 5 & 12

----- return with registration fee -----

2009 BERA FITNESS REGISTRATION – Aqua Aerobics and Zumba

Activity: _____ Class Day: _____

Name: _____
(Please Print)

BNL Life/Guest Number: _____ Building Number: _____

Phone Number: _____ Email address: _____

Emergency Contact and Phone Number: _____

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