

All Gym memberships - both renewals and new members - will be paid by check or exact cash of \$30 directly at the GYM on the dates on back. BERA will then move all membership sign ups & renewals to the BERA Store in 488 Berkner Hall for sign up starting on January 15.

FREE Orientation between 5-7pm on the following days:

MONDAY
December 9
January 20

THURSDAY
December 12
January 23

https://www.bnl.gov/bera/recreation/gym_membership.asp

MONDAY
February 24
March 9

THURSDAY
February 27
March 19



Recreation Fitness Program Winter 2020

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES LISTED BELOW:

\$50 – Any one day of class per week | **\$70** – Any two days of class per week | **\$100** – Any three days of class per week

Please register NOT LATER THAN 1/6/20

Pilates Classes at 317 Rec Hall from 5:30-6:30pm on Monday & Wednesday evenings
Monday: 1/6, 13, 27, 2/3, 10, 24, 3/2, 9, 16, 23, 30
Wednesday: 1/8, 15, 22, 29, 2/5, 12, 19, 26, 3/4, 11, 18, 25

Aqua Fit Classes at 478 Swimming Pool from 5:30-6:30pm on Tuesday & Thursday evenings (You don't have to know how to swim or get your face wet!)
Tuesday: 1/7, 14, 21, 28, 2/4, 11, 18, 25, 3/3, 10, 17, 24 & 31
Thursday: 1/9, 16, 23, 30, 2/6, 13, 20, 27, 3/5, 12, 19 & 26

Yoga Classes at 317 Rec Hall from 12-1pm
Tuesday Intermediate: 1/7, 14, 21, 28, 2/4, 11, 18, 25, 3/3, 30, 17, 24 & 31
Thursday Intermediate Plus: 1/9, 16, 23, 30, 2/6, 13, 20, 27, 3/5, 12, 19 & 26

The activities listed below do not require any registration

***WELLNESS:** A FREE Guided **Mindfulness Meditation** session will be offered on 12/16, 1/13, 2/10, 3/16, and 4/13 from 12-1pm in Berkner. Free, stay as long as you'd like.

Check the home page for the room assignment. We'll give you tools to reduce your stress, improve concentration, and enjoy life a little more in this hectic world. FREE of Charge.

Step Aerobics \$ Pay \$ as You Go!

\$5 per class on Monday's in the BNL Gym, Bldg. 461 at 12:15. Pay as you go, no registration needed.

Zumba Step Aerobics \$ Pay \$ as You Go!

\$7 per class on Thursday's in the BNL Gym, Bldg. 461 at 12:15.

FREE, FREE, FREE!

Reiki Healing Circle
Contact Nicole Bernholc, x2027
Thursday @ 12 Noon
Email bernholc@bnl.gov for location.

Tai Chi – Contact A. Rusek, x5830 –
Great for balance and strengthening!
FREE! Mon, Tues, Thurs & Fri @ 12 Noon
Brookhaven Center Bldg. 30 North Rm.

Yoga – Contact Penka Novakova, penka@bnl.gov to be put on her contact list.
Wednesday @ 12 Noon
Brookhaven Center, Bldg. 30

Complete and return with your registration fee on or before 1/6/20

2020 BERA WINTER FITNESS REGISTRATION

Pilates, Yoga-Intermediate, Yoga-Intermediate Plus & Aqua Fit Classes: January - March 2020

1st Activity: _____ 2nd Activity: _____
3rd Activity: _____ Fee Paid: _____
Name: _____ BNL Life/Guest Number: _____ Phone: _____
Email: _____

MUST PROVIDE Emergency Contact Person and Phone Number: _____

Make checks payable to BERA –OR– exact cash only, and mail to: Recreation Office, Bldg. 400A. Proof of medical insurance is required for all Guests/Users & Family Members. Come to Recreation Office to present insurance card. **Please check with your physician before starting any fitness program.**

Gym membership dates on back

OVER



Please renew your Gym Membership on the following dates:

For your convenience, Gym Memberships can be renewed on the following dates right at the Gym. Please bring a check payable to BERA or exact change in the amount of \$30.00.

Monday	Tuesday	Wednesday	Thursday	Friday
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
5:00-6:30pm	7:30-8:30am			11:00am-1:00pm
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
11:00am-12:00pm				
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
				11:00am-1:00pm
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
5:00-6:30pm	7:30-8:30am		11:00am-1:00pm	
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
	7:30-8:30am 11:00am-1:00pm			

After January 15th, Gym Membership can be renewed at the BERA store in Berkner Hall, Bldg. 488 between 9am – 3pm.

Please attend one of the FREE twice monthly orientations to familiarize yourself with the equipment. Claire will be at the Gym between 5-7pm on the following Days:

MONDAY	THURSDAY
Dec. 9	Dec. 12
Jan. 20	Jan. 23
Feb. 24	Feb. 27
Mar. 9	Mar. 19
Apr. 20	Apr. 30
May 11	May 21

https://www.bnl.gov/bera/linkable_files/GymEtiquetteRules.pdf