

**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](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.

**Aerobic/Toning Class:**

Mondays in the BNL Gym, Bldg. 461 12:15pm. Class is \$8. Instructor will accept cash or Venmo. Class is a high energy aerobic and toning class.

**Step Aerobics**

Thursday's in the BNL Gym, Bldg. 461 at 12:15. This is a volunteer lead fun class! Intermediate to advanced aerobics utilizing choreographed moves on a step! This is a fast paced, high energy class that will maximize aerobic calorie burn. Contact Renee Warno on ex. 8278 for further information.

**FREE, FREE, FREE!**

**Reiki Healing Circle**  
Contact Nicole Bernholc, x2027  
Thursday @ 12 Noon  
Email [bernholc@bnl.gov](mailto: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](mailto: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 15<sup>th</sup>, 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](https://www.bnl.gov/bera/linkable_files/GymEtiquetteRules.pdf)