



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT STRONG TOGETHER

Group Exercise Schedule
BFYMCA PITTSFIELD BRANCH
292 North St., Pittsfield

Group Exercise programs are fun ways to get fit for varying fitness levels. From Strength Train Together, to Cycling, to Yoga, to Water Aerobics, the Y offers a variety of Group Exercise classes in a supportive group setting. Unless noted, Group Exercise classes are drop-in and included in your Y membership. Daily Guest Pass (\$) holders may participate. *Classes are subject to change due to demand and participation.* bfymca.org/groupfitness

MONDAY

TUESDAY

BERKSHIRE FAMILY YMCA: www.bfymca.org

Pittsfield (Corporate Office): 292 North Street, Pittsfield, MA 01201 **P:** 413-499-7650 **F:** 888-965-0663

Northern Berkshire: 22 Brickyard Court, North Adams, MA 01247 **P:** 413-663-6529

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY