



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](http://bfymca.org/groupfitness)

## MONDAY

## TUESDAY

**BERKSHIRE FAMILY YMCA:** [www.bfymca.org](http://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**