

BERLIN PARKS AND RECREATION

KEEP MOVING WITH PERSONAL EUPHORIA: WINTER SCHEDULE

The Berlin Parks and Recreation Department is accepting registration online through our WebTrac system, and in person for virtual fitness classes taught through Zoom by trained certified instructors from Personal Euphoria. All classes are for ages 18+, registration begins on December 6th.

MONDAYS

JAN 10TH- APRIL 4TH
(NO 1/17 OR 2/21)

BARRE (#434301A)
5:45-6:30PM WITH ALLISON

\$82 RESIDENTS
\$92 NON-RESIDENTS

TUESDAYS

JAN 11TH- APRIL 5TH

PILATES (#434301E)
6:00-6:45PM WITH ROB

\$95 RESIDENTS
\$100 NON-RESIDENTS

WEDNESDAYS

JAN 12TH- APRIL 6TH

HIGH INTERVAL
TRAINING
(#434301F)
7:45-8:30AM WITH
MAGGIE

CORE STRENGTH
(#434301C)
9:00-9:45AM WITH
ALLISON

TIGHTEN AND
TONE
(#434301B)
5:45-6:30PM WITH
ALLISON

\$95 RESIDENTS
\$105 NON-RESIDENTS

THURSDAYS

JAN 13TH- APRIL 7TH

CORE STRENGTH
(#434301CT)
6:00-6:45PM WITH ROB

\$95 RESIDENTS
\$105 NON-RESIDENTS

MEDITATION
(#434301G)
7:00-7:30PM WITH
RACHEL

\$80 RESIDENTS
\$90 NON-RESIDENTS

LUNCH AND LEARN WORKSHOP

WEDNESDAYS, JAN 19TH- FEBRUARY 16TH

(#434301H)
12:00-12:30PM WITH
MAGGIE

\$20 RESIDENTS
\$30 NON-RESIDENTS

Registration forms can be obtained on the town's website www.berlinct.gov. Once you register, you will be sent a link to sign a waiver through Personal Euphoria. You must sign your waiver to complete your registration. For more information, call the Parks and Recreation Office: 860-828-7009.