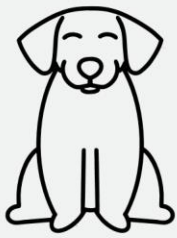


# Check out the following Winter programs held by the Berlin Parks and Recreation Department

**\*Adult yoga** classes with Melissa Urrunaga. Classes will be held on Wednesdays for 6 weeks at the Berlin Community Center, starting January 4th.



**\*Dog Obedience** classes with Wendy McGurgan. She is offering Kindergarten Puppy Training and Basic Dog Obedience. Classes will be held at the former Pistol Creek Golf Course, 600 Spruce Brook Road, Berlin, starting the week of January 9th.



**\*Personal Euphoria virtual fitness** classes. Five different options including Pilates, HIIT, Cardio Strength, Tighten & Tone and Core Strength. These classes will be starting the week of January 9th.



**\*Women's 30+ Volleyball** Wednesdays at McGee Middle School gym. You must Pre-register for this program, there is no longer a drop-in rate and money will not be collected at the door. Teams will be formed on a nightly basis, this is a "fun" program, not highly competitive, starting January 4th.



For information about these programs, registration, fees and more please visit the Town's website at [www.berlinct.gov](http://www.berlinct.gov) or in person at 230 Kensington Road, Berlin Ct 06037. Look for us on Facebook at [facebook.com/TownBerlinCT](https://facebook.com/TownBerlinCT). For more information, call our department at 860-828-7009.