


FALL *into* FITNESS

*Fall is here,
it's a great time to develop
your fitness program and get ready for
the holidays ahead.*

Classes are free for BHG members!!!



**Berkshire
Health
Group**

Monday	Wednesday	Thursday
<p>Yoga and Pilates @ MCCAN 3:15—4:15 PM October 1st—December 3rd</p>	<p>Yoga @ Mason Library, Great Barrington 4:00-5:00 PM Sept 26th-November 14th</p>	<p>Yoga @ Tasha Yoga Studio 20 Spring St, Williamstown, MA 4:45—5:45 PM September 27th—November 8th</p>
<p>Total Fitness @ Muddy Brook Elementary 5:30—6:30 PM Oct 1st—Nov 24th</p>	<p>Yoga @ Muddy Brook Elementary 4:00-5pm September 17th-November 7th</p>	<p>PiYo @Kittredge Elementary School 3:45-4:45pm October 4th-November 29th</p>
<p>Yoga @ Lenox Yoga 4:15-5:15pm September 17th-December 3rd</p>	 <p>Berkshire Health Group & You... Healthy Together</p>	<p>Yoga @Mt. Everett, Mt. Everett Room 3:15-4:15 Sept 27th-Nov 15th</p>
<p>Qi Gong @Undermountain Elementary, Room C-17 3:15-4:15 October 1st-Nov 22nd</p>		<p>Questions? Contact: Beth Piantoni BHG Wellness Coordinator (413) 445-9327 • epiantoni@bhs1.org</p>

Cutting Edge Fitness

73 Summer St, Adams, MA
Oct 1st —November 24th

Choose 1 free class per week during this period of 8 weeks. All classes and times on the Cutting Edge Fitness class schedule are included. BHG members may choose a different class each week or choose to take the same class multiple times.

Visit the website for the current class schedule:

<http://cefmartial-arts.com/>

SINCE  2014
CUTTING EDGE
 **FITNESS** 
&
MARTIAL ARTS
MMA - Boxing - Kickboxing - Self Defense - Reality Martial Arts