



# 2019 BHG WINTER FITNESS

*Don't let the cold weather slow you down. Stick with your fitness program through the holidays with BHG!*



**Classes are free for BHG members!!!**

Monday	Tuesday	Wednesday	Thursday
<b>Yoga</b> @ Lenox Yoga Studio 4:00—5:00 PM January 7th—March 11th	<b>Barre</b> @ Lifeworks Studio 4:00-5:00Pm January 8th— March 5th	<b>Yoga</b> @ Mason Library, Great Barrington 4:00-5:00 PM January 9th— February 27th	<b>Yoga</b> @ Tasha Studio 4:45pm-5:45PM January 31st— April 11th
<b>Total Fitness</b> @ Muddy Brook Elementary 5:30—6:30 PM December 3rd— January 21st	<b>Pilates, Pump, and Abs</b> @Mt. Greylock 2:40-3:40pm January 15th-March 5th	<b>Yoga</b> @ Muddy Brook Elementary 4:00-5pm January 9th— March 6th	<b>DALTON CRA</b> <b>400 Main Street, Dalton, MA</b> <b>Jan 21st-March 11th</b> Choose 1 free class per week during this period of 8 weeks. All classes and times on the Dalton CRA 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 web-site for the current class schedule: <a href="http://www.daltoncra.org">http://www.daltoncra.org</a> 
<b>Yoga</b> @ McCANN 3::15--4:15pm January 28th— March 25th		<b>Yoga</b> @ Hoosac Valley Middle School Library 3:45pm-4:45pm January 9th— March 6th	
Questions? Contact: Beth Piantoni BHG Wellness Coordinator (413) 445-9327 ● epiantoni@bhs1.org		<b>Yoga</b> @ Williamston Elementary 3:30-4:30pm January 9th— March 6th	