



Registration has begun for the following fitness classes at BNL beginning the week of September 27, 2004 for 8-week sessions:

**Pilates :**

Monday at Noon- Gym  
 Wednesday at 5:30pm-Rec Hall  
 \$50 for once a week/\$60 for twice a week  
 Scheduled to begin Monday 9/27 & Wednesday 9/29

**Aqua Aerobics:**

Tuesday & Thursday from 5:15-6:15 at the Pool  
 \$20 for once a week, \$40 for twice a week. Classes are tentatively scheduled to begin on 9/28 & 9/30/04.  
 (Remember-you don't have to get your face or hair wet!!!!)

**Jazzercise:**

Tuesday & Thursday from 12noon-1pm at the Rec Hall  
 \$88 per session-twice a week, plus you may use the membership at any Jazzercise location in Shirley, Miller Place, or Port Jefferson, Holbrook & Farmingville!  
 Scheduled to begin on 9/28 & 9/30/04.

**ADVANCE REGISTRATION FOR THE ABOVE CLASSES IS REQUIRED!**

Please use form below

The following classes are either FREE or Pay-As-You-Go:

**Cardio KickBoxing:**

\$5 per class -pay as you go  
 Tuesday- Gym 5:15pm  
 Thursday- Gym at 12noon and Brookhaven Center 5:15pm

**Jui Jitsu:**

Tuesday in the Gym from 6:30-7:30pm.  
 Contact Tom Baldwin X4556 or email [baldwint@bnl.gov](mailto:baldwint@bnl.gov) for information and fees

**Aerobic Fitness:**

Tuesday & Thursday in the Rec Hall at 5:15pm  
 10 Classes for \$40, or \$5 per class- Pay As You Go, beginning 9/16/04 Contact Pat Flood X7866 or email her at [flood@bnl.gov](mailto:flood@bnl.gov)

**Yoga:**

Monday & Wednesday at 12 noon- Brookhaven Center North Room.  
 Contact Ila Campbell X2206 or email her at [ila@bnl.gov](mailto:ila@bnl.gov) FREE

**Reiki Healing Circle:**

Thursday in the 211 Conference Room  
 Contact Nicole Bernholc X2027 or email her at [bernholc@bnl.gov](mailto:bernholc@bnl.gov) FREE

**Tai Chi:**

Monday, Wednesday & Friday, 12 noon-1pm at the Brookhaven Center.  
 Contact A. Rusek X5830 FREE

Enjoy BNL's Pool, Gym, Parcourse, Tennis Courts and all fitness activities!  
 Tours of the Pool, gym and exercise room are always available. Please call Ext. 2873.  
 FOR A LISTING OF ALL CLUBS & ACTIVITIES, PLEASE GO TO [www.bnl.gov/bera](http://www.bnl.gov/bera)

**ADVANCE REGISTRATION FOR PILATES, AQUA AEROBICS AND JAZZERCISE CLASSES IS REQUIRED!**

Please make checks payable to BERA and mail to C. Carter, 179B

Name: \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

CLASS/CLASSES \_\_\_\_\_