



Be healthy. Get fit.

The TONE program aims to improve teen health and well-being. Earn free memberships and TONE gear. Ages 13-18

You'll receive:

- Program orientation
- 30-minute Personal Training session

Access to the:

- Norris Aquatics Center
- Fitzpatrick Fitness Center
- Beinecke Gymnasium
- All of our free to member fitness and aquatics classes

GET a 3-Month Membership

EARN a 6-Month Membership

TONE Classes Include:

- Fitness
- Nutrition
- Aqua Fitness
- Meditation

TO ENROLL, pick up a packet at the Front Desk.

For more information:

**email fitness@berkshiresouth.org
call 413.528.2810 ext. 30**

These events/activities are neither sponsored nor endorsed by the Southern Berkshire Regional School District.

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413.528.2810



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER