

## ADULT EDUCATION CLASSES

SEND A CHECK MADE OUT TO "BERMUDIAN SPRINGS SCHOOL  
DISTRICT" BY THE DESIGNATED DEADLINE:  
ADULT EDUCATION-BSSD  
7335 CARLISLE PIKE  
YORK SPRINGS, PA 17372

\*MINIMUM ENROLLMENT MUST BE MET TO  
HOLD SESSIONS.

## POUND FITNESS

8:00PM-8:30PM

Beat "ripsticks" to the music  
while doing a Pilates workout.

#PF1-24: 9/6, 9/13, 9/20, 9/27, 10/4,  
10/11, 10/18, 10/25

#PF2-24: 11/1, 11/8, 11/15, 11/29, 12/6,  
12/13, 12/20

#PF3-24: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7,  
2/14, 2/21, 2/28

#PF4-24: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10,  
4/17, 4/24

## ZUMBA

7:00 PM-8:00PM

A Latin inspired, fast-paced  
aerobic/dance workout.

#Z1-24: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11,  
10/18, 10/25

#Z2-24: 11/1, 11/8, 11/15, 11/29, 12/6,  
12/13, 12/20

#Z3-24: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7,  
2/14, 2/21, 2/28

#Z4-24: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10,  
4/17, 4/24

Bonnie Deck-Licensed Zumba &  
Pound Fitness Instructor

## YOGA

7:30PM-8:30PM

Yoga-Bring your  
own mat.

#Y1-24: 9/12, 9/19, 9/26, 10/3, 10/10,  
10/17, 10/24, 10/31

#Y2-24: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9,  
4/16, 4/23

## RATES

### Zumba

Z1-24: \$20 Resident/\$25 Non-Resident  
Z2-24: \$18 Resident/\$23 Non-Resident  
Z3-24: \$20 Resident/\$25 Non-Resident  
Z4-24: \$20 Resident/\$25 Non-Resident

### Vinyasa

Y1-24: \$20 Resident/\$25 Non-Resident  
Y2-24: \$18 Resident/\$23 Non-Resident

### Pound Fitness

PF1-24: \$10 Resident/\$15 Non-Resident  
PF2-24: \$9 Resident/\$14 Non-Resident  
PF3-24: \$10 Resident/\$15 Non-Resident  
PF4-24: \$10 Resident/\$15 Non-Resident

### Deadlines

1st Session: 9/3/2023  
2nd Session: 10/26/2023  
3rd Session: 12/30/2023  
4th Session: 2/29/2024

All sessions will be held in the Elementary Cafeteria.