


BRSC Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Zumba Gold 8:45 (Tina)	CoreFit (Jeanette)	Zumba Gold 8:45 (Tina)	CoreFit (Jeanette)		
9:00 AM		Circuit (Jeanette)		Circuit (Jeanette)		Strong (Jenn) 1st Sat.
9:30 AM	Chair Yoga (Jill)		Chair Yoga (Emily)		Barre (Emily)	
10:00AM						
10:30AM		NEW Tai Chi (Michelle)				
11:30 AM						
Noon	Gentle Yoga (Gavin)		Gentle Yoga (Gavin)			
1:00PM					For more information on classes or room rentals contact Jeanette Light at 850-5838 or by email at lightenup44@gmail.com	
5:30PM	HIIT (Chrisitne)	Sports Conditioning (Christine)		Sports Conditioning (Chrisitne)		
6:00PM						
6:30PM						
7:00Pm	Yoga 6:45 (Ali)		<u>Guest Class Pricing</u> \$8 Drop in \$60 for 8 classes \$72 for 12 classes			
7:30PM						
8:00 PM						