


# BRSC Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	<b>Zumba Gold 8:45</b> (Tina)	<b>CoreFit</b> (Jeanette)	<b>Zumba Gold 8:45</b> (Tina)	<b>CoreFit</b> (Jeanette)		
9:00 AM		Circuit (Jeanette)		Circuit (Jeanette)	<b>Foam Roller</b> (Emily)	<b>Foam Roller 1 Saturday</b> a month
9:30 AM	<b>Barre</b> (Tina)		<b>Barre</b> (Jeanette)		<b>Pilates</b> (Emily)	
10:00AM						<b>Yoga</b> (staff)
10:30AM		<b>Tai Chi</b> (Michelle)		<b>Tai Chi</b> (Michelle)		
11:30 AM		<b>Foam Roller</b> (Michelle)				
Noon	<b>Gentle Yoga</b> (Gavin)		<b>Gentle Yoga</b> (Gavin)			
1:00PM					For more information on classes or room rentals contact Jeanette Light at 850-5838 or by email at <a href="mailto:lightenup44@gmail.com">lightenup44@gmail.com</a>	
5:30PM	<b>HIIT</b> (Christine)	<b>Sports Conditioning</b> (Christine)		<b>Sports Conditioning</b> (Christine)		
6:00PM						
6:30PM		<b>Foam Roller</b> (Christine)				
7:00Pm	<b>Yoga 6:45</b> (Ali)		<b>Guest Class Pricing</b> \$8 Drop in \$60 for 8 classes \$72 for 12 classes			
7:30PM						
8:00 PM						