

BCRD FitWorks Class Schedule

	TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
Monday	5:45 - 6:45am	Sunrise Circuit	Linda Schulz	Large Studio	Open
	9:00 - 10:00am	Spin	Heather Stanton	Large Studio	Open
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	4:00 - 5:15pm	Feldenkrais	John Vladimiroff	Small Studio	Open
	5:30 - 6:30pm	Zumba	Priscilla Sheerin	Large Studio	Open
	5:30 - 6:30pm	Vinyasa Flow Yoga	Roo Howar	Small Studio	Open
Tuesday	8:00 - 9:00am	Feldenkrais	John Vladimiroff	Small Studio	Open
	9:00 - 10:15am	Restorative/Yin Yoga	Tyia Wilson	Small Studio	Open
	12:00 - 1:00pm	Pilates	Susan Carlson	Small Studio	Open
	12:00 - 1:00pm	Pure Barre	Katie Purdy	Large Studio	Open
	5:30 - 6:30pm	Cardio Strength	Linda Schulz	Large Studio	Open
Wednesday	5:45 - 6:45am	Sunrise Circuit	Linda Schulz	Large Studio	Open
	9:00 - 10:00am	Spin	Jennifer Schwartz	Small Studio	Open
	9:00 - 10:00am	Zumba	Amber Morgan	Large Studio	Open
	12:00 - 1:00pm	Posture Fitness	Kathryn Goldman	Small Studio	Open
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	5:30 - 6:30pm	Spin	Heather Stanton	Large Studio	Ends 4/26/17
	5:30 - 6:30pm	Power Yoga	Tyia Wilson	Small Studio	Open
Thursday	9:00 - 10:15am	Yoga & The Breath	Victoria Roper	Small Studio	Open
	12:00 - 1:00pm	Pilates	Susan Carlson	Small Studio	Open
	12:15 - 12:45pm	Boot Camp	Katie Purdy	Large Studio	Open
	5:30 - 6:30pm	Cardio Strength	Linda Schulz	Large Studio	Open
Friday	5:45 - 6:45am	Sunrise Circuit	Linda Schulz	Large Studio	Open
	9:00 - 10:15am	Hatha Yoga	Tyia Wilson	Small Studio	Open
	9:00 - 10:00am	Zumba	Amber Morgan	Large Studio	Open
	10:30 - 11:30am	Spin	Jennifer Schwartz	Small Studio	Open
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	12:00 - 1:00pm	Yoga Hip Openers	Tyia Wilson	Small Studio	Open
Sat	9:00 - 10:00am	Cardio Strength	Linda Schulz	Large Studio	Open

Facility Hours: (Labor Day - Memorial Day)

Summer Hours: (Memorial Day-Labor Day)

Monday - Friday 5:30am - 8:00pm

Monday - Friday 6:30am - 7:00pm

Saturday 8:00am - 2:00pm

Saturday 8:00am - 2:00pm

Sunday 9:00am - 3:00pm

Sunday CLOSED

Prices:

All Classes \$8