

# BCRD FitWorks Class Schedule

	TIME	CLASS	INSTRUCTOR	LOCATION	NOTES
<b>Monday</b>	5:45 - 6:45am	Sunrise Circuit	Linda Schulz	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 <b>See Schedule @ BCRD.org</b>	Zumba	Priscilla Sheerin	Large Studio	<b>See Schedule @ BCRD.org</b>
<b>Tuesday</b>	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
<b>Wednesday</b>	5:45 - 6:45am	Sunrise Circuit	Linda Schulz	Large 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	Power Yoga	Tyia Wilson	Small Studio	Open
<b>Thursday</b>	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
<b>Friday</b>	5:45 - 6:45am	Sunrise Circuit	Linda Schulz	Large Studio	Open
	9:00 - 10:00am	Zumba	Amber Morgan	Large Studio	Open
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	11:00 - 1:00pm	Hatha Yoga Workshop	Tyia Wilson	Small Studio	Open
<b>Sat</b>	9:00 - 10:00am	Cardio Strength	Linda Schulz	Large Studio	Ends 7/1/17

**Summer Hours:** (Memorial Day-Labor Day)

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

Saturday                                      8:00am - 2:00pm

Sunday    CLOSED

**Prices:**

All Classes    \$8