

# 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	Small Studio	Starts 10/2/17
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	4:00 - 5:00pm	Feldenkrais	John Vladimiroff	Small Studio	Open
Tuesday	5:45 - 6:45am	Turbokick	Linsey Nelson	Large Studio	Open
	9:00 - 10:00am	Zumba	Priscilla Sheerin	Large 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	Zumba	Amber Morgan	Large Studio	Open
	9:00 - 10:00am	Spin	Jennifer Schwartz	Small Studio	Starts 10/4/17
	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
Thursday	5:45 - 6:45am	Turbokick	Linsey Nelson	Large Studio	Open
	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 - 10:00am	Zumba	Amber Morgan	Large Studio	Open
	9:00 - 10:00am	Spin	Jennifer Schwartz	Small Studio	Starts 10/6/17
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	11:00 - 1:00pm	Hatha Yoga Workshop	Tyia Wilson	Small Studio	Open
Sat	9:00 - 10:00am	Cardio Strength	Linda Schulz	Large Studio	Starts 9/23/17

**Facility Hours:** Labor Day-Memorial Day)

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

Saturday 8:00am - 2:00pm

Sunday 9:00am - 3:00pm

**Prices:**

All Classes \$8