

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	Zumba	Amber Morgan	Large Studio	Open
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	12:00 - 1:00pm	Dryland Ski Training	EJ Harpham	South Field	Ends Nov 2
	3:45 - 4:45pm	Feldenkrais	John Vladimiroff	Small Studio	Open
	5:00 - 5:30pm	30 Minute Abs	Beth Stuart	Small Studio	Open
	5:30 - 6:30pm	Vinyasa Flow Yoga	Beth Stuart	Small Studio	Open
Tuesday	9:00 - 10:15am	Restorative/Yin Yoga	Tyia Wilson	Small Studio	Open
	12:00 - 1:00pm	Pilates	Nesbit Hatch	Small Studio	Open
	12:00 - 1:00pm	Pure Barre	Beth Stuart	Large Studio	Open
	5:30 - 6:30pm	Vinyasa Flow Yoga	Beth Stuart	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
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	5:00 - 5:30pm	30 Minute Abs	Beth Stuart	Small Studio	Open
	5:30 - 6:30pm	Vinyasa Flow Yoga	Beth Stuart	Small Studio	Open
Thursday	9:00 - 10:15am	Yoga & The Breath	Victoria Roper	Small Studio	Open
	12:00 - 1:00pm	Pilates	Nesbit Hatch	Small Studio	Open
	12:00 - 1:00pm	Boot Camp	Katie Purdy	Large Studio	Open
	5:30 - 6:30pm	Body Basics	Katie Purdy	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
	12:00 - 1:00pm	Body Sculpt	Katie Purdy	Large Studio	Open
	12:00 - 1:00pm	Yoga for All Levels	Tyia Wilson	Small Studio	Open
Sun	10:00 - 11:00am	Vinyasa Flow Yoga	Beth Stuart	Small Studio	Open

Facility Hours:

<i>Monday - Friday</i>	5:30am-8:00pm
<i>Saturday</i>	8:00am - 2:00pm
<i>Sunday</i>	10:00am - 2:00pm

Prices:

All Classes \$8