


BRSC Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		CoreFit (Jeanette)		CoreFit (Jeanette)		
9:30 AM		Circuit (Jeanette)		Circuit (Jeanette)	NEW-Yogalates (Jenn)	
10:00 AM						
10:30AM						
11:00 AM		Tai Chi (Michelle)				
Noon						
1:30PM					For more information on classes or room rentals contact Jeanette Light at 208- 850-5838 or by email at lightenup44@gmail.com	
5:30PM	Yoga (Michelle)	Sports Conditioning (Christine)				
6:00PM						
6:30PM		Foam Rolling (Chrisitne)				
7:00Pm			Guest Class Pricing \$8 Drop in \$60 for 8 classes \$72 for 12 classes			
7:30PM						
8:00 PM						