



# FITNESS NOVEMBER

Brigade Sports Complex  
64 Greenbury Point Road  
Annapolis, MD 21402  
(410) 293-9700  
bsc@usna.edu  
www.usnabsd.com



Unless specified, class times run 50-55 mins  
\*Classes are subject to time change or cancellation each month.

## 2 Ways to Pay!

**Per class: Authorized Patrons \$5, Civilians \$10**

**10 Class Punch Card: AP \$45, Civilian \$90 (thats buy 9 get 1 free! No expiration)**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am					PILATES/HIIT w/TINA <i>*No class 11/23</i>		
8:30am		CYCLE & STRENGTH w/TODD		CYCLE & STRENGTH w/TODD	YOGA NIDRA MEDITATION w/JEANNE <i>*No class 11/23</i>	YOGA w/CAROL <i>*No class 11/24</i>	
9:30am	VINYASA YOGA w/JEANNE					CYCLE w/MICHELLE <i>*No class 11/24</i>	
10:30am	FAMILY YOGA w/JEANNE						
<b>NO AFTERNOON CLASSES 11/20 - 11/24 • THE BSC IS CLOSED 11/23 &amp; 11/24</b>							
4:15pm			YOGA w/CAROL <i>*No class 11/21</i>		ZUMBA w/MICHELLE <i>*No class 11/23 &amp; 11/30</i>		
5:15pm					CYCLE w/MICHELLE <i>*No class 11/23 &amp; 11/30</i>		

## Class Spotlight:

### Family Yoga - Sundays @ 10:30am

This delightful 45-minute yoga experience is tailored to parents and their little ones, aged 2 to 6 years old. Immerse yourselves in a harmonious blend of age-appropriate yoga postures, interactive partner and group poses, fostering precious family bonds while nurturing confidence and self-esteem. This unique class infuses the creative elements of art and music, enhancing the joy with fun-filled yoga games that create a memorable journey of togetherness for the entire family.