



FITNESS APRIL

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
8:00am	YOGA * COMBO w/JEANNE						
8:30am		CYCLE & STRENGTH w/TODD		CYCLE & STRENGTH w/TODD	TONE & TIGHTEN w/TINA	YOGA w/CAROL <i>*No class 4/5 & 4/26</i>	
9:30am						CYCLE w/MICHELLE <i>*No class 4/12</i>	
9:45am	FAMILY * YOGA w/JEANNE						
4:15pm			YOGA w/CAROL		ZUMBA w/MICHELLE		
5:15pm			CYCLE w/MICHELLE <i>*No class 4/9</i>		CYCLE w/MICHELLE <i>*No class 4/11</i>		
6:00pm				YOGA w/CAROL <i>*No class 4/24</i>			

***Sunday Yoga classes held every other week only - April 7th & 21st**