



# FITNESS MAY

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 <i>*No class 5/13</i>		CYCLE & STRENGTH w/TODD <i>*No class 5/15</i>	TONE & TIGHTEN w/TINA <i>*No class 5/2</i>		
9:30am						CYCLE w/MICHELLE	
9:45am	FAMILY YOGA w/JEANNE						

**\*The last day of fitness classes before the summer break will be Friday May 31st.**

**Classes will resume after Labor Day! \***