



FITNESS OCTOBER

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 -No expiration

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30am: Cardio Burn w/ Tina 8:30am: Yoga/Meditation Combo w/Jeanne	2 8:30am: Cycle & Strength w/ Todd 6:00pm Yoga w/ Carol	3 6:30am: Basic Pilates w/ Tina 4:15pm: Zumba w/ Michelle 5:15pm: Cycle w/ Michelle	4 8:30am Yoga w/ Carol 9:30am Cycle w/ Michelle	5
6 8:30am: Yoga/Meditation Combo w/Jeanne	7 8:30am: Cycle & Strength w/ Michelle 9:30am: Basic Pilates w/ Tina	8 6:30am: Cardio Burn w/ Tina 8:30am: Yoga/Meditation Combo w/Jeanne	9 8:30am: Cycle & Strength w/ Doris 6:00pm Yoga w/ Carol	10 6:30am: Basic Pilates w/ Tina 4:15pm: Zumba w/ Michelle 5:15pm: Cycle w/ Michelle	11 8:30am Yoga w/ Carol 9:30am Cycle w/ Michelle	12
13	14 8:30am: Cycle & Strength w/ Todd 9:30am: Power Pilates Mat w/ Todd	15 6:30am: Cardio Burn w/ Tina	16 8:30am: Cycle & Strength w/ Todd	17 6:30am: Basic Pilates w/ Tina 4:15pm: Zumba w/ Michelle 5:15pm: Cycle w/ Michelle	18 8:30am Yoga w/ Carol 9:30am Cycle w/ Michelle	19
20	21 8:30am: Cycle & Strength w/ Todd 9:30am: Power Pilates Mat w/ Todd	22 6:30am: Cardio Burn w/ Tina	23 8:30am: Cycle & Strength w/ Todd 6:00pm Yoga w/ Carol	24 4:15pm: Zumba w/ Michelle 5:15pm: Cycle w/ Michelle	25 8:30am Yoga w/ Carol 9:30am Cycle w/ Michelle	26
27	28 8:30am: Cycle & Strength w/ Michelle 9:30am: Basic Pilates w/ Tina	29 6:30am: Cardio Burn w/ Tina 8:30am: Yoga/Meditation Combo w/Jeanne	30 6:00pm Yoga w/ Carol	31 6:30am: Basic Pilates w/ Tina 4:15pm: Zumba w/ Michelle 5:15pm: Cycle w/ Michelle		

CLASS DESCRIPTIONS:

Basic Pilates

This class centers around floor work conducted on a mat using the body's own resistance. It is a series of exercises which are performed and designed to improve circulation, breathing, posture and body awareness. This class is good for all levels and beginners

Cardio Burn

High intensity combine with low intensity, interval training this class, combines intervals of high intensity, exercise switched up with periods of low intensity, active recovery, and fat blasting workout. This class has moderate and high intensity levels. Please let the instructor know if there are any limitations that would cause you not to participate in the class.

Cycle

Cycle offers a challenging ride of intervals to deliver a confidence boosting, yet satisfying cardio and strength workout.

Cycle & Strength

A complete work out - 40 minutes on the bike, followed by upper body strength workout.

Power Pilates Mat

Uses slow controlled and precise movements to strengthen the deep stabilizing muscles in the neck and shoulders, spine and pelvis to stabilize and support the spine. Integrating breath work and body awareness it leaves you feeling more aligned, rejuvenated, and connected. Come and explore what Pilates can do for you. All ability levels

Yoga/Meditation Combo

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa yoga is the variety. There is no standard sequence in Vinyasa yoga, so the style, pace and intensity will all vary depending on the teacher. This class also includes Yoga Nidra, which is a form of guided meditation also known as "yogic sleep" or "effortless relaxation". It's usually practiced lying down with a teacher guiding the

Yoga with Carol

Vinyasa flow aimed at strengthening and balancing the body, with mindful exploration of the healing powers of deep breathing.

Zumba

Zumba takes the "work" out of work out, by mixing low and high intensity moves for an interval style, calorie burning dance fitness party.