



# FITNESS JANUARY

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

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



## 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 <b>CLOSED</b>	2	3
4	5 8:30am: Restorative Yoga w/ Klaudia  9:30am: Total Body Strength w/ Klaudia	6	7 8:30am Spin & Core w/ Todd	8 8:30am Yoga w/ Carol	9 8:30am: Basic Pilates w/ Tina	10 8:30am: Basic Pilates w/ Tina
11	12 8:30am: Restorative Yoga w/ Klaudia  9:30am: Total Body Strength w/ Klaudia	13	14 8:30am Spin & Core w/ Todd	15 8:30am Yoga w/ Carol	16 8:30am: Basic Pilates w/ Tina  9:30am Cycle w/ Michelle	17 8:30am: Basic Pilates w/ Tina
18	19 8:30am Yoga w/ Carol	20	21 8:30am Spin & Core w/ Todd	22 8:30am Yoga w/ Carol	23 8:30am: Basic Pilates w/ Tina  9:30am Cycle w/ Michelle	24 8:30am: Basic Pilates w/ Tina
25	26 8:30am: Restorative Yoga w/ Klaudia  9:30am: Total Body Strength w/ Klaudia	27	28 8:30am Spin & Core w/ Todd	29 8:30am Yoga w/ Carol	30 8:30am: Basic Pilates w/ Klaudia  9:30am Cycle w/ Michelle	31 8:30am: Basic Pilates w/ Tina

# **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 with Klaudia**

A challenging cycle class with incorporated upper body strength exercises while on the bike – a perfect cardio and strength workout!

## **Spin & Core with Todd**

A dynamic work out that combines the cardiovascular benefits of indoor cycling with the strength and stability work of core training.

## **Restorative Yoga**

This class focuses on restoring a healthy back and posture and getting rid of your aches and pains. A combination of yoga poses, incorporating healthy back and physical therapy exercises, as well as stretching with and without the use of props.

## **Total Body Strength**

This class is a fun total body conditioning class using various props including but not limited to dumbbells, barbells, step boards, and others to create an endless variety of strengthening exercises. If you are bored with the weight machines, this is the class for you!

## **Yoga with Carol**

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