



FITNESS MARCH

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

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.