

BREA FITNESS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 a Yoga: Yin Mary ●	8:00 a Low Impact Kristi ● 8:30 a Zumba Anna ●	6:00 a BodyPump Natasha ● 8:00 a Low Impact Andrea ●	8:00 a Low Impact Kristi ●	8:00 a Low Impact Andrea ●		8:00 a BodyPump Natasha ● 8:00 a Cycle: Ride-Strong Andrea ●
	9:30 a Zumba Anna ●	9:00 a Cycle: Ride & Shine Cema ● 9:30 a BodyPump Sara ●	9:00 a Zumba Lori ● 9:00 a Barre-Strong Andrea ●	9:00 a Cycle: Ride & Shine Cema ●	9:00 a Zumba Lori ●	9:00 a BodyPump Sara ● 9:00 a Cycle: Ride & Shine Berry ●	9:00 a **TRX: Strength & Conditioning Berry ● 9:00 a Barre Andrea ●
		10:30 a SilverSneakers® Kristi ●	10:00 a Super Sculpt Tanya ● 10:00 a TRX: Tone & Flow Andrea ●	10:00 a BodyPump Judy ● 10:30 a SilverSneakers® Becky ●	10:00 a Barre-Strong Andrea ● 11:00 a Yoga: Restorative Flow Natasha ●	10:00 a Zumba Gold Lori/Anna ● 11:00 a Mat Pilates Judy ●	10:00 a Yoga: Vinyasa Flow Myra ●
		12:30 p Yoga: Gentle Stretch Myra ●	12:00 p Yoga Dolly ● 12:00 p **TRX: Strength & Conditioning Berry ●	11:00 a Mat Pilates Judy ● 12:30 p Yoga: Gentle Stretch Myra ●	12:00 p **TRX: Strength & Conditioning Berry ●	12:30 p SilverSneakers® Judy ●	
		4:30 p BodyPump Eden ● 5:00 p Kinstretch Alfred ●	4:30 p Functional Strength Jennifer ●	4:30 p Circuit Training Kayla ● 5:00 p Yoga: Vinyasa Flow Myra ●	4:30 p Kinstretch Alfred ●	4:30 p BodyPump Team ● 4:30 p TRX Strong: All Levels Melissa/DJ ●	
CLASS LOCATION	5:30 p Cycle: Ride-Strong Andrea ● 6:00 p Yoga: Mindful Flow Dena ●	5:30 p Zumba Pamela ● 5:30 p **TRX: Tone & Flow Jennifer ●	5:30 p Zumba Pamela ● 5:30 p **TRX: Tone & Flow Jennifer ●	5:30 p BodyPump Eden ● 6:00 p HIIT: Kickboxing Jennifer ●	5:30 p Cycle: Ride-Strong Kristi/Jennifer ● 6:00 p **TRX: Strength & Conditioning Berry ●	5:30 p Zumba Lori ●	Instructors or classes subject to cancel or change at any time. All classes are 45 min. unless indicated. Capacity is contingent on the fitness space used. The City of Brea is not responsible for lost, stolen, or damaged articles left in the workout areas. Please use locker.
Basketball Gym							
Garden Walkway							
Group Exercise Room	6:30 p Zumba Pamela ● 6:30 p **TRX: Total Body Strength Melissa ●	7:00 p Barre Andrea ●	7:00 p Barre Andrea ●	6:30 p Zumba Lori ● 6:30 p **TRX: Total Body Strength DJ ●	6:30 p Zumba Pamela ●		
Art Studio							
**Specialty classes are an additional fee							