



the brick house
FITNESS CENTER

CURRENT GROUP CLASSES

MONDAY MORNING @ 5:30AM –	CARDIO PUMP
MONDAY EVENING @ 6:00PM -	REV + FLOW
TUESDAY MORNING @ 5:30AM –	BODY BLAST
WEDNESDAY MORNING @ 5:30AM -	CARDIO PUMP
WEDNESDAY AFTERNOON @ 5:30PM-	STRETCHING
FRIDAY MORNING @ 5:30AM –	BODY BLAST

MEMBERS - \$ 20.00 for 10 Classes (\$ 2.00 per class)

NON-MEMBERS - \$ 50.00 for 10 Classes (\$ 5.00 per class)

Just show up before the class to get signed up!

PLEASE CALL (402) 944-2827 with any questions. THANKS!