



the brick house

FITNESS CENTER

CURRENT GROUP CLASSES

MONDAY MORNING @ 5:30AM –	CARDIO PUMP
TUESDAY MORNING @ 5:30AM –	GLUTES & CORE
WEDNESDAY MORNING @ 5:30AM -	CARDIO PUMP
WEDNESDAY AFTERNOON @ 4:15PM -	BOOT CAMP
WEDNESDAY AFTERNOON @ 5:30PM-	STRETCHING
THURSDAY MORNING @ 5:30PM -	BOOT CAMP
FRIDAY MORNING @ 5:30AM –	BODY BLAST
SATURDAY MORNING @ 7:30AM -	BOOT CAMP

COST PER CLASS: \$5.00 for Members, \$10.00 for Non-Members

PLEASE PAY INSTRUCTOR

Just show up before the class to get signed up!

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