



**the brick house**

FITNESS CENTER

## CURRENT GROUP CLASSES

MONDAY MORNING @ 5:30AM –	<b>CARDIO PUMP</b>
TUESDAY MORNING @ 5:30AM –	<b>GLUTES &amp; CORE</b>
WEDNESDAY MORNING @ 5:30AM -	<b>CARDIO PUMP</b>
WEDNESDAY AFTERNOON @ 5:30PM-	<b>STRETCHING</b>
FRIDAY MORNING @ 5:30AM –	<b>BODY BLAST</b>

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

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

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**Just show up before the class to get signed up!**

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