

443-394-7361

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RED BROOK
HEALTH & WELLNESS CENTER

400 Red Brook Blvd, Owings Mills, MD 21117

www.RedBrookHealth.com



UPDATED: JULY 30TH 2016

| GROUP EXERCISE SCHEDULE | | | | UPDATED: JULY 30 TH 2016 | | | |
|-------------------------|--|---|----------------------|---|--------------------------|---|-------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | HOURS OF OPERATION | | | | | | |
| CLASS TIMES | 6 am -8 pm | 6 am – 8pm | 6 am- 8 pm | 6 am – 8 pm | 6 am – 8 pm | 9 am – 1 pm | 9 am – 1 pm |
| 8:00-9:00am | | | | | | Oregon Ridge Boot Camp | |
| 9:30 –10:00am | | | | | | Virtual Boot Camp | |
| 12:15 – 1 pm | Boxing Camp Nick / Steve *All levels | Intervals (on the turf) Nick *All levels | Flow Yoga Kristen | Boxing Camp Nick *All levels | Mobility & Core Steve | | |
| 5:15 -6:15 pm | Boxing Camp Nick/Steve *Int./Advanced | Virtual Boot Camp (5:15-5:45) | | Boxing Camp Nick/Steve *Int./Advanced | | <p>Classes in BLACK are free member classes</p> <p>All classes in RED are paid classes</p> <p>-----</p> <p>Member Pricing Monthly Unlimited Corp- \$10/Public - \$15</p> <p>Single Class Drop In Member - \$5 Non-member - \$10</p> | |
| 5:30 -6:15 pm | | | | | | | |
| 6:15 -7 pm | THIS SCHEDULE WILL BE EFFECTIVE AUGUST 1ST | | | | | | |
| 7:15 pm-8 pm | | | | | | | |

All classes are suitable for most levels unless otherwise indicated. 5 participants / class minimum in order to start any class with the exception being the virtual classes, only 1 needed.