

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.