

Brighton Recreation Center Group Fitness Classes

June

Class schedule may change monthly. Please see website or download the "Brighton Recreation Center" APP for most up to date schedule.

* = Childcare Available	= Cycling Studio			= Pool	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LES MILLS RPM ** 5:45-6:45a	S.E.R.R Cycle** 5:45-6:45a	Cycling 5:45-6:45a		Cycling 5:45-6:45a	
Cardio Resistance Training 6:00-7:00a		tone 6:00-7:00a	tone 6:00-7:00a	H2O Fitness: Level 1 6:00-7:00a	
Yoga Basics** 7:00-8:00a		Yoga Basics** 7:00-8:00a		Yoga Basics 7:00-8:00a	Yoga 7:15-8:15a
Back to Balance 8:00-9:00a	Cardio Fit 8:00-9:00a	Cardio & Mobility 8:00-9:00a	Cardio Fit 8:00-9:00a	Yoga Stretch 8:00-9:00a	LES MILLS RPM 8:00-9:00a
H2O Fitness** 8:30-9:30a	H2O Fitness 8:30-9:30a	H2O Fitness 8:00-9:00a	H2O Combo** 8:30-9:30a	H2O Fitness 8:00-9:00a	LES MILLS BODYPUMP 8:15-9:15a
				H2O Deep Water 9:00-10:00a	
LES MILLS BODYPUMP 9:00-10:00a	Dance Jam** 9:00-10:00a	LES MILLS BODYCOMBAT 9:00-10:00a	Dance Jam ** 9:00-10:00a	LES MILLS BODYPUMP 9:00-10:00a	Dance Jam** 9:15-10:15a
LES MILLS RPM ** 9:00-9:45a	Cycling** 9:00-9:45a	LES MILLS RPM ** 9:00-9:45a	LES MILLS RPM ** 9:00-9:45a	LES MILLS RPM ** 9:00-9:45a	Barre** 10:15-11:00a
	Foam Roll/Stretch 9:45-10:00		Foam Roll/Stretch 9:45-10:00a		
Zumba** 10:00-11:00a	HIIT 10:00-10:30a	tone 10:00-10:30a	Barre 10:00-10:30a	tone 10:00-10:30a	
	LES MILLS BODYCOMBAT 10:30-11:30a	Barre 10:30-11:00a	LES MILLS BODYCOMBAT 10:30-11:30a	Barre 10:30-11:00a	
Classic 11:00-12:00p		Classic 11:00-12:00p		Tai Chi 11:00-12:00p	
	HIIT 12:15-12:45p		HIIT 12:15-12:45p		
		LES MILLS BODYPUMP 5:00-5:30p			
Pilates Plus** 5:30-6:30p	Bootcamp 5:30-6:30p	Pilates Plus** 5:30-6:30p	LES MILLS BODYPUMP 5:30-6:30p		
	LES MILLS RPM 5:45-6:30p	HIIT Cycle 5:45-6:15p	LES MILLS RPM 5:45-6:30p		
LES MILLS BODYPUMP 6:30-7:30p	LES MILLS BODYCOMBAT 6:30-7:30p	Flow Yoga** 6:00-7:00p Room 101	Zumba 6:30-7:30p		
Cycling 6:30-7:30p	Barre** 7:30-8:30p	Dance Jam** 6:30-7:30p	Flow Yoga** 6:30-7:30p Room 101		

** Children 8+ allowed with adult supervision in class

Mon-Fri 8:00AM-11:30A

Child Care Hours

Mon-Thurs 5:30PM-8:30P

Sat 8:00AM-11:00AM