Brighton Recreation Center
Group Fitness Classes

March

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
	LesMills RPM 5:45AM	S.E.R.R Cycle 5:45AM	Cycling 5:45AM	S.E.R.R Cycle 5:45AM	Cycling 5:45AM	
6:00 -7:00A	Cardio Resistance Training 6:00AM		Les Mills Tone 6:00AM		H2O Fitness Level 1 6:00AM	
7:00-8:00A	**Yoga Basics 7:00AM		**Yoga Basics 7:00AM	LesMills BODYPUMP * Heather	Yoga Basics Aimee	Yoga Aimee 7:15A
8:00 - 9:00A	Back to Balance* Joey	SilverSneakers* Cardio Fit Karen C	Cardio & Mobility* Joey	SilverSneakers Cardio Fit* Trisha	SilverSneakers Yoga Stretch* Aimee	LesMills RPM Jim 8:00A
			H2O Fitness* Cori		H2O Fitness* Cori	LesMills BODYPUMP Staff 8:15A
8:30-9:30A	**H2O Fitness* Debbie	Aqua Zumba* Michelle		**H2O Combo* Debbie	H2O Deep Water* Debbie 9:00-10:00A	
9:00 -10:00A	LesMills BODYPUMP * Karen	**Dance Jam* Amy	* Elizabeth	**Dance Jam * Elysia	LesMills BODYPUMP * Tamara	Dance Jam* Amy 9:15A
10:00 -11:00 A	**Zumba* Angela	LesMills BODYCOMBAT * Elizabeth	**Dance Jam* Elysia	LesMills BODYCOMBAT * Amy*	* Elizabeth	Barre Amy 10:15-11:00A
11:00-12:00P	SilverSneakers Classic Mary Ann		Silver Sneakers Classic Dottie		Tai Chi Saba	
12:15 –12:45P		HIIT Brittany		HIIT Brittany		
5:30 - 6:30P		LesMills RPM Laura*		LesMills RPM Jim*		
	**Pilates Plus* Tammy	Bootcamp* Devon	**Pilates Plus* Tammy	LesMills BODYPUMP Laura *		
6:00-7:00P			**Flow Yoga* Catherine Room 101			
6:30 - 7:30P	LesMills BODYPUMP Heather *	LesMills BODYCOMBAT * Amy	**Dance Jam* Aliyah	Zumba* Brian		
	Cycling* Lauren					
6:45-7:45P				H2O Fitness* Katy		

** Children 8+ allowed with adult supervision in class *Chilcare available

Child Care Hours

Mon-Fri 8:00AM-11:30A **Mon-Thurs 5:30PM-8:30P** **Sat 8:00AM-11:00AM**