

OPEN GROUP SCHEDULE

MONDAY

8 a.m.

Pilates – Michelle

9 a.m.

Body by Deck – Kristin

6 p.m.

Sweat – Evan

6 p.m.

Karate – Paul

TUESDAY

8 a.m.

Pilates – Michelle

9:30 a.m.

Battle Ropes – Tammi

9:30 a.m.

Pilates – Debbi

WEDNESDAY

6 a.m.

Functional – BJ

8 a.m.

Pilates – Tiffeny

6 p.m.

Sweat – Evan

6 p.m.

Karate – Paul

THURSDAY

9 a.m.

TRX – Dawn

9:30 a.m.

Pilates – Linda

FRIDAY

6 a.m.

Functional – BJ / Karen

8:30 a.m.

Pilates – Debbi

SATURDAY

9 a.m.

be BOXING – Evan

PILATES STUDIO

Pilates Open Group has special package pricing

UPPER LEVEL

For full class descriptions, please visit
our website befitnesscenter.com



FITNESS