



DOWNSTAIRS STUDIO

www.brownwoodfitnesscenter.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Lee	Lee	Lee	Lee	Lee	<div style="color: red; font-size: 2em; font-weight: bold;">January 2018</div> <p>325-641-3488</p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> TEAM 9:00 AM </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> Adam 10:00 AM </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> TEAM 10:30 AM </div> <div style="border: 1px solid black; padding: 10px; margin: 10px; text-align: center; color: red;"> All Martial Arts and Bootcamps are an additional Fee. </div>
8:30 AM		Stacey	Lindsay	Krystal		
9:30 AM	Connie	Stacey	Jody	Stacey	Connie	
10:40 AM	Stacey		Jody			
11:00 AM		Brittny		Brittny		
11:40 AM	Sunshine		Sunshine			
12:00 PM		BF- CENIORS		BF- CENIORS		
4:30 PM	Becky/Adam	Adam	Becky	Cindy's Booty Bootcamp		
5:30 PM	Becky	Lee	Becky	Lee		
6:30 PM		<i>RLS Haphido Self Defense</i> w/ Robert Spratt		<i>RLS Haphido Self Defense</i> w/ Robert Spratt		
7:15 PM	<i>Kung Fu Karate</i> w / Auggie		<i>Kung Fu Karate</i> w / Auggie			

Bodypump: The original barbell workout that STRENGTHENS YOUR ENTIRE BODY. This 60 minute program challenges all your major muscle groups by using the BEST WEIGHT ROOM EXERCISES like squats, presses, lifts, and curls. Great music, Awesome Instructors, and your choice of weight inspire you to GET THE RESULTS YOU CAME FOR -- and fast!!!!





















Bodycombat: This fiercely energetic program is inspired by martial arts and draws a wide array of disciplines such as Boxing, Tae Kwon Do, Tai Chi, and Thai. Supported by driving music and **Powerful Instructors**, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

Bodyflow: A 55 minutes Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation to leave you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance.

CX Worx: A revolutionary way to train your core. Based on cutting edge scientific research, each 30-minute class will challenge you to strengthen and tone all the muscle groups in your core. You'll get the results you want by training your muscles the way you use them. Whether you're training for general health, or an elite athlete wanting an edge, CXWorx is the perfect addition to your exercise program.

BF-Ceniors: We LOVE our Seniors! You will love moving to the 50's and 60's along with inspirational music and you will leave feeling like a new person. We use body weight, tubes/bands, light hand weights, and the chair to gain Strength, Mobility,

UPSTAIRS STUDIO

JANUARY 2018						"Like" us on Facebook			
Time	Monday	Tuesday	Wednesday	Thursday	Friday				
5:30 AM RPM Room	 Bobbie		 Bobbie						
9:30 AM Big Room	 Skye	 TaKenda	 Leslie H	 TaKenda	 Skye				
10:40 AM Big Room	 Connie				 Connie			10:40 AM	 TEAM
4:30 PM RPM Room		 Bobbie		 Bobbie		<p style="text-align: center;">OFFICE HOURS:</p> <p>Monday-Thursday 8:00-7:30pm Friday 8:00-6:30 Saturday 8:45-12:15</p> <p style="text-align: center;">CHILDCARE HOURS:</p> <p>Mornings Monday & Fridays 9:15am-12:00pm Tues/Wed/Thur 8:15am-12:00pm Saturday 8:45am-12:00pm Evenings Monday-Thursday 4:15pm - 7:30 pm</p>			
4:30 PM Big Room	 Leslie								
5:40 PM RPM Room	 Leslie		 TEAM						
5:30 PM Big Room	HIIT Camp (30 minutes) Alyssa	Booty Bootcamp (30 minutes) Cindy	HIIT Camp (30 minutes) Alyssa	 Leslie					
6:15 PM Big Room	 TaKenda								
6:40 PM RPM Room		 TEAM		 TEAM					

RPM: A 45 minute indoor cycling workout where you ride to the rhythm of powerful music. You'll enjoy the calorie-killing benefits of interval training as you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover the athlete within--sweat and burn to reach your endorphin high.

Zumba: Dance inspired fitness based on an incredibly fun mix of influences including cumbia, merengue, salsa, hip hop, mambo and reggae--the Zumba fitness class is structured to provide an aerobic, cardiovascular workout to fast and slow rhythms keeping you interested, entertained, leaving feeling like a STAR!!

Bodyflow 101: Designed to become familiar with the benefits of Yoga, Pilates, and proper stretching techniques to give you a wonderful stretch after your Cardio class.

HIIT Camp: A quick, 30 minute workout with Alyssa Hogue (Personal Trainer) that will challenge you, and push you to your next level in a small group setting. (Extra Fees Apply)

Booty Bootcamp: A 30 minute lower body workout with Cindy Lancaster (Personal Trainer) that will compliment your current workouts to target that "Booty". (Extra Fees Apply)