

February 16, 2011

Sally Ellertson
Public Information Officer
141 West Renfro
Burleson, Texas 76028-4261
817-426-9622
F: 817-426-9390
sellertson@burlesontx.com
www.burlesontx.com

Due to flooding damage at the BRiCk, the free DVD-based fitness classes are postponed until further notice. Instructor classes will resume in the multi-purpose room. To see a list of the fee-based classes, go to the Fitness page on the City website, www.burlesontx.com. Even if you are not a BRiCk member you can purchase a daily pass. Call 817-426-9104.

Monday, Feb. 21

8:30 a.m.-9:30 a.m. – TOTAL BODY WORKOUT

9:45 a.m.-10:45 a.m. – BODYWORKS

Tuesday's free classes are:

7:30 a.m.-8:15 a.m. – YOGA PILATES FUSION

8:30 a.m.-9:30 a.m. – CARDIO STEP & AB BLAST

8:30 a.m.-9:30 a.m. – TREAD AND SPIN

Wednesday's fitness schedule includes:

8:30 a.m.-9:30 a.m. – TOTAL BODY WORKOUT

9:45 a.m.-10:45 a.m. – BODYWORKS

Free classes for Thursday, Feb. 24 include:

7:30 a.m.-8:15 a.m. – YOGA PILATES FUSION

8:30 a.m.-9:30 a.m. – CARDIO STEP & AB BLAST

8:30 a.m.-9:30 a.m. – TREAD AND SPIN

Friday's free classes include:

8:30 a.m.-9:30 a.m. – TOTAL BODY WORKOUT

9 a.m.-10 a.m. – Pure Cardio (free demonstration)