

March 2, 2011

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Four classes – Bodyworks, Tread & Spin, Yoga Pilates Fusion, and Pure Cardio - are free to BRiCk members! Non-members who drop in to try out a class pay \$10 per class. Due to flooding damage at the BRiCk in early February, the free DVD-based fitness classes are postponed until further notice. Instructor classes have resumed 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

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 on Thursday 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)