







Brick Bodies Downtown Winter 2010 Jan 4 - Apr 4

Studio 1	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	11:30 AM				YOGA Dana		11:00 AM	ZUMBA Adelicia	
	12:00 PM			ZUMBA <i>*Express* 30 minutes</i>					
	12:30 PM	 BODYPUMP Eddie	YOGA Mary Anne	Step Express Angela	Step IT Bob	 BODYPUMP Eddie			
	1:00 PM		Esprit de Core <i>*studio 3*</i> Bob	Esprit de Core Angela					
	5:30 PM	Step on Up Angela	Boot Camp Michelle	 BODYPUMP Scott	Butts & Guts Jobi				
	6:30 PM	 BODYPUMP Shelia Erika	YOGA Katherine	ZUMBA Sam	YOGA Katherine				

Studio 2	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00 AM		Brick Biking Eddie	T3 Eddie	Brick Biking Eddie		10:00 AM	Brick Biking Erika	
	12:30 PM	Brick Biking Vicki	Brick Biking <i>*Xpress*</i> Bob	Brick Biking <i>*Xpress*</i> Bob	 RPM Chip	Brick Biking <i>*Xpress*</i> Vicki			
	1:15 PM		Brick Biking Bob						
6:00 PM	Brick Biking Erika Donna	 RPM Tamir			Brick Biking Donna				

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00 PM			AquaSculpt ET					
6:30 PM	AquaSculpt								



BODYPUMP™ — Challenge yourself with the original barbell class that strengthens and tones your entire body.



RPM™ — The indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning endorphin high.

AquaSculpt

Boot Camp

Brick Biking

Experience one of the best workouts that utilizes resistance and speed changes to simulate an outdoor ride without the hazards!

Butts & Guts

Esprit de Core

Looking for that knock-out abdominal class? Look no further, this class is a 15 minute ab buster to get your core feeling that burn!

Step Express

An exciting "old school" Step Class! All levels are welcome. 30 minutes of excellent cardio!

Step IT

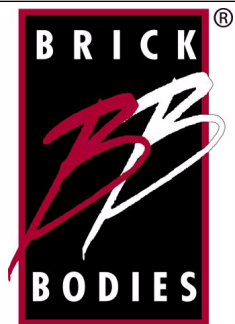
Step on Up

An intermediate step class with free-style choreography. Loads of fun while you work off your buns!

T3

YOGA

ZUMBA



Brick Bodies - Downtown
218 North Charles Street
Baltimore
21201-4021