



**the brick house**  
FITNESS CENTER

## CURRENT CLASSES

MONDAY MORNING @ 5:30AM –	<b>CARDIO PUMP</b>
MONDAY EVENING @ 6:00PM -	<b>REV+FLOW</b>
TUESDAY MORNING @ 5:30AM –	<b>BODY BLAST</b>
WEDNESDAY MORNING @ 5:30AM -	<b>CARDIO PUMP</b>
WEDNESDAY PM@5:30PM -	<b>Total Body Stretching</b>
THURSDAY MORNING @ 5:30AM –	<b>BODY BLAST</b>
FRIDAY MORNING @ 5:30AM –	<b>BODY BLAST</b>

**MEMBERS - \$ 20.00 for 10 Classes (\$ 2.00 per class)**

**NON-MEMBERS - \$ 50.00 for 10 Classes (\$ 5.00 per class)**

**Just show up before the class to get signed up!**

**PLEASE CALL Barry at (402) 540-0717 with any questions. THANKS!**