



@RedBrookFitClub
@ Redbrookgolf @Nickshultz22



RED BROOK
HEALTH & WELLNESS CENTER

400 Red Brook Blvd, Owings Mills, MD 21117
www.RedBrookHealth.com (443) 394 - 7361

SUMMER SCHEDULE

UPDATED: JULY 6TH 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HOURS OF OPERATION:	7 AM - 7 PM	7 AM - 7 PM	7 AM - 7 PM	7 AM - 7 PM	7 AM - 7 PM	BY APPT OR CLASS ONLY	CLOSED
	SUMMER SCHEDULE GUIDE						
	<ul style="list-style-type: none"> GREEN CLASSES: RED BROOK VIRTUAL CLASS MEMBERSHIP RED CLASSES: GROUP EXERCISE WORKOUTS @ RED BROOK HEALTH BLUE CLASSES / LIFTS: SMALL GROUP PERSONAL TRAINING 					BY APPT OR CLASS ONLY	
<u>12:15 – 1 PM</u> <u>Virtual Classes</u> <u>Live / Recorded</u>	Strength Day Staff	Intervals / Boot Camp Staff	Yoga / Recovery Staff	Barre Staff	Core & Cardio Staff	Make Up Day (Complete 1 class you may have missed) Ask for more info about our virtual membership	
12:15 - 1 PM <u>@ Red Brook Health</u>		Weekly Gym Challenge		Weekly Gym Challenge	Weekly Gym Challenge	<u>Virtual Class Membership</u> Base Rate + \$10.00 / month <u>Group Ex @ Red Brook Health</u> Base Rate + \$5.00 / Month Drop In: \$5.00 / Class <u>Group Lift Personal Training</u> 1 Lift / week: Base + \$55.00 / Month Unlimited / week: Base + \$105.00 / Month Drop In Rate: \$20.00 / Lift *Discounts for combining programs and 1 week free trials available	
5 PM – 7 PM <u>@ Red Brook Health</u>	Boxing 5:30 – 6:10 PM Nick	7 AM – 7 PM	Boxing 5:00 – 5:30 PM Nick	7 AM – 7 PM	7 AM – 7 PM		
Group Lift Personal Training <u>@ Red Brook Health</u>	Group Lift (Sign Up Req.) 6:10 – 6:50 PM	Group Lift (Sign Up Req.) 5:30 – 6:10 PM		Group Lift (Sign Up Req.) 5:30 – 6:10 PM	Group Lift (Sign Up Req.) 12:15 – 1 PM		