

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m. & 6:00 a.m.					5:30 a.m. be functional/adult Rotation	
7:00 a.m.		be functional/adult Nick		be functional/adult Dan		
9:00 a.m.						
4:00 p.m.						
5:30 p.m.			be functional/adult Jen			

Revised 7/26/10

Class Descriptions

be functional (upstairs on turf): be's creative, energetic, integrated, functional training sessions utilize balance, flexibility, cardiovascular, and strength techniques in a circuit training format. Every session is unique, efficient and highly effective. It will truly change the way you think about fitness. See a be representative for details.

be strong (downstairs in strength area): Sculpt your body into lean and toned muscle with be fitness total body strength circuit training. Utilizing proper technique, tempo, volume and intensity, change your body composition and rev up your metabolism to new levels. See a be representative for details.

Rates: \$27 Members \$32 Non-Members per class

- No registration required.
- All sessions run for one hour in length.
- All classes are **fee based** and may be purchased individually or as a package from any personal trainer
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 - All sessions run for one hour in length.
 - All classes are **fee based** and may be purchased individually or as a package from any personal trainer and can be billed to your account.
 - Schedule and/or trainer is subject to change.

Individual and Specialty group training also available. Please call or see trainer for availability.

**Questions? Email Pam@befitnesscenter.com
Visit www.befitnesscenter.com for the most current schedule**