

## 2023 BTC Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>YOGA for Stiff Bodies</b> 10:00-11:00am Ballroom <i>Shelly</i></p>	<p><b>KINSTRETCH</b> 10:30-11:15am Fitness Center <i>Jaime</i></p>		<p><b>MOBILITY &amp; STRENGTH</b> 10:30-11:15am Ballroom <i>Jaime</i></p>		
					<b>SUNDAY</b>
<p><b>ZUMBA</b> 3:00- 4:00pm Ballroom <i>Diana</i></p>		<p><b>YOGA STRETCH</b> 5:00- 6:00am Ballroom <i>Tricia</i></p>	<p><b>EGOSCUE METHOD</b> 4:00- 5:00pm Ballroom <i>Johnny</i></p>		

BTC CLASS FEES - \$10 member/\$12 guest

- YOGA
- ZUMBA
- EGOSCUE METHOD

Sign up at BTC Front Desk

PERSONAL TRAINER GROUP CLASS FEES - starts at \$25

- KINSTRETCH & MOBILITY STRENGTH

To sign up contact Jaime Lozano at [jaime.lozano.rosales@gmail.com](mailto:jaime.lozano.rosales@gmail.com)

Class Instructor Contact Information

ZUMBA: Diana De Gracia - [dianabuzz@comcast.net](mailto:dianabuzz@comcast.net)

YOGA: Tricia Tangeman - [yogawithtricia@gmail.com](mailto:yogawithtricia@gmail.com)

YOGA: Shelly Ross - [shellyroseross@gmail.com](mailto:shellyroseross@gmail.com)

EGOSCUE METHOD: Johnny Pirruccello - [johnny@egoscue.com](mailto:johnny@egoscue.com)

KINSTRETCH & MOBILITY: Jaime Lozano - [jaime.lozano.rosales@gmail.com](mailto:jaime.lozano.rosales@gmail.com)