

FITNESS

at the Brea Community Center

November 2020 Outdoor Schedule

Series Runs 11/2/2020-11/20/2020



Group Fitness Classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM							*Bootcamp Mike #9917
9 AM		Barbell Pump Christine #9893	Super Sculpt Tanya #9907	Cycle Gilbert #9904	Barre Andrea #9909		
11 AM		Yoga Corinne #9897	Barre Andrea #9908	Barbell Pump Christine #9894	TRX Total Body Strength Berry #9906	Yoga Dolly #9901	
4:30 PM					Sculpt and Stretch Jenn #9915		
5 PM		Yoga Myra #9898	Cycle Mike #9903	Yoga Myra #9899		Sculpt and Stretch Jenn #9914	
5:30 PM			*Zumba Pam #9911		*Zumba Pam #9915		
6 PM		Cycle Andrea #9902	*Bootcamp Mike #9917	Barbell Pump Eden #9896	*Bootcamp Mike #9917		
6:30 PM		TRX Total Body Strength DJ #9905					

Class Descriptions

- Barbell Pump** - Athletic-based workout that uses barbells with adjustable weights to work every major muscle in the body. **Bundle #9895**
- Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music. **Bundle #9910**
- Cycle** - Cycle your way to the ultimate fitness results as we simulate varied terrain and tackle rolling hills, sprints, and other drills to give you the inspiration you have been looking for to achieve your personal goals.
- Boot Camp*** (Brea Movement) - Specialty class and pricing is different. Registration allows the ability to attend up to three times per week. Please see description and pricing details at BreaRec.com **One Day Option #9918**
- Super Sculpt** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes and free weights.
- Sculpt and Stretch** - Combines total muscular body-toning with yoga and pilates movements to create a rejuvenating workout targeting every major muscle group. **Bundle #9916**
- TRX Total Body Strength** - Suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Get stronger, lose weight and overcome training plateaus.
- Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life. **Bundle (P.M Only) #9900**
- Zumba** - Features exotic rhythms set to high-energy Latin and international beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. **Bundle #9913**

Sign Me Up for Classes



The City of Brea is a special place and we are celebrating Brea's sense of COMMUNITY with a virtual 5K in 2020. Put on your running shoes and join the City of Brea for a virtual 5K race. Just run, jog or walk anywhere (even on a treadmill!) at your own pace and time it yourself. Registration fee includes a commemorative medal and t-shirt(available in crew or v-neck styles). Complete your 5K anytime, anywhere by December 31st.

TENTATIVE DATE: Pick up your medal and t-shirt at the Brea Community Center, 695 Madison Way, Brea, on Friday, December 11th or Saturday, December 12th from 10 a.m. to 3 p.m.

Post your photos on social media and use **#breafitnesscenter** **#breamakesfithappen** to commemorate your achievement and then wear your shirts and medals proudly.



Boot Camp (Brea Movement)

An effective, results-driven, outdoor exercise program designed for all fitness levels. Experience a unique, total-body workout designed to increase muscular strength and endurance, as well as joint mobility and stability. Registration allows the ability to attend up to three times per week during the four week series.



Personal Training

COVID has taken its toll on each of us and one-on-one or small group personal training may be exactly what you need to move forward with your health and fitness goals.

Your personal trainer will help you to create an exercise program that will challenge your body and help obtain results faster and more effectively. Your trainer will teach you how to change up your exercise routine using the newest and most effective principles. The benefits of personal training include: Proper technique and form; weight loss; accountability; increased energy; personalized program; build lean muscle; maximize workouts/minimize time; and will deliver results.

Reserve your time slot today with one of our certified personal trainers. Individual training sessions and multi-visit packages are available online. Please call DJ Alegre, Community Services Supervisor at (714) 990-7110 or email us below for more information.

What about Memberships?

Membership payments will continue to be suspended until we feel confident that we can provide the level of service you deserve in accordance with the county/state guidelines. We will notify you several weeks in advance before reactivating your membership. This includes upfront and/or monthly teen, adult, senior and insurance based memberships.

For now, all classes will be purchased in a series format (four class series). Click on the GREEN button above to register.

Contact the Fitness Team

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