

FITNESS

at the Brea Community Center

December Outdoor Series 11/30-12/18



- Our schedule offers various formats with a duration of 45 minutes each. Time between classes is longer so that we can clean and disinfect the equipment.
- Registration is required before the first class. Non-resident rates apply. Classes will be packaged as a series for the same day and time each week. Click the **RED** button below to register.
- Each class is limited in size and will follow social distancing guidelines of 8 to 10 feet.
- Unfortunately, the gymnasium and workout room will not be available at this time. We are hoping to open these later as county/state guidelines allow.
- Register anytime! Class prices are prorated each week.

Participants can bundle classes for a 2-day workout week. Applicable classes are color coordinated. Membership payments will continue to be suspended until we can provide the level of service you deserve in accordance with the county/state guidelines. This includes upfront and/or monthly teen, adult and senior memberships. These classes are separate from memberships and will not be covered by Insurance based programs like SilverSneakers, Silver and Fit or Renew Active.

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			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			*Bootcamp Mike #9917	Barbell Pump Eden #9896	*Bootcamp Mike #9917		
6:30 PM		TRX Total Body Strength DJ #9905					

[Click Here For Class Descriptions](#)

Sign Me Up for Classes

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 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 at BreaRec.com. Please call DJ Alegre, Community Services Supervisor at (714) 990-7110 or email us below for more information.

Boot Camp

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 a month's series.



CommUNITY Virtual 5K Race

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.

Pick-Up information: Pick up your CommUNITY 5K swag on December 18th & 19th at the Brea Community Center, 695 E. Madison Way, Brea, 92821. Second pick up for late registrants will be determined at a later date.

CommUNITY Virtual 5K race (#9912) is \$28. Please register at Brearec.com

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

Contact the Fitness Team



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