

FREE T-SHIRT CHALLENGE!

WHILE SUPPLIES LAST!



COMPLETE ANY
OF THE SIX
EXERCISES LISTED
FOR
A **FREE** T-SHIRT!



EXERCISES

1. 20 PUSH UPS
2. 10 PULL-UPS
3. 20 BURPEES
4. 2-MINUTE PLANK
5. 20 MINUTES ON THE TREADMILL, ELLIPTICAL, OR STAIRMASTER
6. 50 JUMPING JACKS

FULLY COMPLETE ONE OF THE EXERCISES ABOVE FOR A FREE T-SHIRT! WHILE SUPPLIES LAST!



LOW IMPACT PLUS

Don't let joint pain hold you back. Elevate Your Fitness Journey with Us!

LOW IMPACT BENEFITS:

- ✓ ENHANCED BALANCE
- ✓ ENHANCED STABILITY
- ✓ ENHANCED STRENGTH
- ✓ EASY ON THE JOINTS

TUESDAYS/THURSDAYS | 10:30AM - 11:15AM
\$50 PER PARTICIPANT

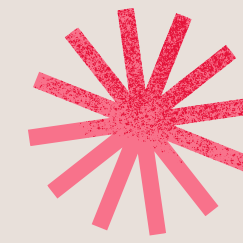
REGISTER NOW



**SEPT 3RD -
26TH**



SEPTEMBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03 LOW IMPACT PLUS 10:30 A.M.	04	05 LOW IMPACT PLUS 10:30 A.M.	06	07
08	09	10 LOW IMPACT PLUS 10:30 A.M.	11	12 LOW IMPACT PLUS 10:30 A.M.	13	14
15	16	17 LOW IMPACT PLUS 10:30 A.M.	18	19 LOW IMPACT PLUS 10:30 A.M.	20	21
22	23	24 LOW IMPACT PLUS 10:30 A.M.	25	26 LOW IMPACT PLUS 10:30 A.M.	27	28

LOW IMPACT-PLUS

LOW IMPACT PLUS PROVIDES A SPECIALIZED TRAINING PROGRAM THAT FOCUSES ON ENHANCING BALANCE, STABILITY, STRENGTH, AND JOINT INTEGRITY THROUGH LOW-IMPACT EXERCISES. THIS CLASS IS IDEAL FOR PEOPLE WITH BONE OR JOINT PROBLEMS, OR THOSE WHO ARE RECOVERING FROM AN INJURY OR SURGERY. THE TRAINING USES VARIOUS EQUIPMENT SUCH AS FREE WEIGHTS, BENCHES, BANDS, AND BODY WEIGHT TO EXECUTE RESISTANCE-BASED, LOAD-BEARING EXERCISES. THE CLASS ALSO OFFERS MODIFICATIONS TAILORED TO THE SPECIFIC NEEDS OF EACH PARTICIPANT.





WATER AEROBICS

**CLASSES ON WEDNESDAYS,
THURSDAYS, & SATURDAYS!
9:30AM - 10:30AM**

**Looking for a fun way to stay
fit and healthy? Look no
further than water aerobics!**

\$50 PER MONTH

REGISTER NOW



**SEPT 4TH
-28TH**



Water Aerobics




Looking for a fun way to stay fit and healthy? Look no further than water aerobics!

Classes on Wednesdays, Thursdays, and Saturdays

\$50 per month

SEPT 2024



SUN	MON	TUE	WED	THU	FRI	SAT
				01 WATER AEROBICS 9:30AM-10:30AM	02	03 WATER AEROBICS 9:30AM-10:30AM
01	02	03	04 WATER AEROBICS 9:30AM-10:30AM	05 WATER AEROBICS 9:30AM-10:30AM	06	07 WATER AEROBICS 9:30AM-10:30AM
08	09	10	11 WATER AEROBICS 9:30AM-10:30AM	12 WATER AEROBICS 9:30AM-10:30AM	13	14 WATER AEROBICS 9:30AM-10:30AM
15	16	17	18 WATER AEROBICS 9:30AM-10:30AM	19 WATER AEROBICS 9:30AM-10:30AM	20	21 WATER AEROBICS 9:30AM-10:30AM
22	23	24	25 WATER AEROBICS 9:30AM-10:30AM	26 WATER AEROBICS 9:30AM-10:30AM	27	28 WATER AEROBICS 9:30AM-10:30AM

YOUTH FITNESS FOUNDATIONS

SEPT 3RD - 26TH

TUESDAY/THURSDAYS
6:30PM - 7:30PM

Help your teen spend less time being sedentary and more time being active! Build healthy lifelong habits with our youth fitness classes!



BOYS & GIRLS AGES 9-16



@ BRUSHY LAKE
FITNESS CENTER

