

Drury Barber Fitness Center

FREE Fitness Classes

Free for Drury Day School Students,
Free for employees with Premium Wellness Discount

Spring, 2017: Tuesday, Jan. 17 – Friday, May 12

	Monday	Tuesday	Wednesday	Thursday	Friday
11 am. - Noon		Boot Camp Barber Fitness Center Brooke Martz		Boot Camp Barber Fitness Center Brooke Martz	
NOON - 1:30 pm. Noon-1pm. Monday-Friday or Mon. & Wed. Noon-12:30 pm. (30-minute express class) or Tuesday & Thursday 1-1:30 pm. (30-minute express class)	Noon-12:30 pm. Restorative Yoga Weiser Studio or EXSP Lab Mollie McGinnis-Estes (Express Class) ----- NOON - 1:00 pm. Cardio Core Barber Fitness Ctr. Kim Hughes	NOON - 1:00 pm. Yoga Weiser Studio Brooke Martz ----- 1-1:30 pm. Toning Barber Fitness Ctr. Brooke Martz (Express Class)	Noon-12:30 pm. Restorative Yoga Weiser Studio or EXSP Lab Mollie McGinnis-Estes (Express Class) ----- NOON - 1:00 pm. Cardio Tone Barber Fitness Ctr. Kim Hughes	NOON - 1:00 pm. Yoga Weiser Studio Brooke Martz ----- 1-1:30 pm. Toning Barber Fitness Ctr. Brooke Martz (Express Class)	NOON - 1:00 pm. Total Body Toning Barber Fitness Center Kim Hughes
4-5pm.	Cycling Barber Fitness Ctr. Kim Hughes -----	Cycling/ Core Barber Fitness Ctr. Kim Hughes -----	Cycling Barber Fitness Ctr. Kim Hughes -----	Cycling/ Core Barber Fitness Ctr. Kim Hughes -----	
5-6pm.		Cardio/Tone Barber Fitness Ctr. Kim Hughes		Cardio/Tone Barber Fitness Ctr. Kim Hughes	

(FINAL AS OF DECEMBER 15, 2016)