



# GROUP FITNESS BARRE

Coppermine is the premiere place in Baltimore to achieve your fitness goals. Create long lean muscles, using the Barre for stability, stretching and resistance work using light weights, bands and balls.



- AGES** 17+ Years and Adults
- TIME** Weekly 45 Minute Classes
- COST** FREE for All Fitness Members (JOIN TODAY!)  
Drop In Non-Member Rate: \$15.00  
\$125 for 10 Class Package
- QUESTIONS** [groupfitness@copperminefitness.com](mailto:groupfitness@copperminefitness.com)

## BARRE GROUP FITNESS SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

### KID ZONE HOURS:

MON-FRI: 8AM-2PM • MON-FRI: 5-8PM • SAT & SUN: 8AM-12PM



COPPERMINE RACQUET & FITNESS		1420 CLARKVIEW ROAD BALTIMORE, MD 21209				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:15am (45min) BARRE Courtney Studio A		6:15am (45min) BARRE Courtney Studio A		
8:30am (45min) BARRE Jen Studio B	8:15am (45min) BARRE Allison Studio A	8:30am (45min) BARRE Courtney Studio A		8:30am (45min) BARRE Courtney Studio A	8:00am (45min) BARRE Lauren Z Studio A	8:30am (45min) BARRE Courtney Studio A
9:30am (45min) BARRE Jen Studio A	9:30am (45min) BARRE Jessie Studio A		9:30am (45min) BARRE Jessie Studio A	9:30am (45min) BARRE Courtney Studio A		
			5:15pm (45min) BARRE Lauren Z Studio A			

Schedule Effective: October 16th, 2018

**JOIN TODAY!**

410-823-2500

[WWW.COPPERMINEFITNESS.COM](http://WWW.COPPERMINEFITNESS.COM)