



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

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		
	8:15am (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
9:45am (45min) BARRE Jen Studio A	9:30am (45min) BARRE-LATES Courtney Studio A			9:30am (45min) BARRE Courtney Studio A		
			5:15pm (45min) BARRE Lauren Z Studio A			

Schedule Effective: April 8th, 2019

JOIN TODAY!

410-823-2500

WWW.COPPERMINEFITNESS.COM