

Get in shape with



Baton Rouge General
Fit!



\$65
10 sessions

CABLE 360° CLASSES

\$8 single session

A small group training class designed to bring out your inner athlete! Challenging and effective cable-based workout focused on strength, flexibility, mobility and cardio!



\$55
10 sessions

SPECIALTY GROUP FITNESS CLASSES

\$7 single session

Classes include:
Brains & Balance, BARRE,
Yoga, and Tactical Hapkido
(Locations may vary)



\$30
10 sessions

GROUP FITNESS CLASSES

\$4 single session

Classes include:
Bootcamp, Circuit Training
and Core Fit (Bluebonnet
only)

Baton Rouge General *Fit!* is now offering fitness training to all BRG employees and friends and family! Each class is led by our highly-trained fitness staff and can help you achieve your fitness goals conveniently right where you work!

Register today for great deals on multi-session packages or give us a try with a single session!

To view class schedules, visit BRGFit.com/Group-Fitness.

For more information on how to get started to join a class, please call 225-763-4683 or email brgfit@brgeneral.org.