

Get in shape with



Baton Rouge General
Fit!

\$40

10 sessions
(\$5 per class)



GROUP FITNESS CLASSES

Bootcamp • Brains & Balance • Cable 360°
Circuit Training • Core Fit • Yoga

Baton Rouge General *Fit!* offers fitness training to all BRG employees and friends and family! Classes are held in the Bluebonnet Employee Gym and are led by our highly-trained fitness staff. We 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!

Class passes valid for one year after purchase. No refunds.
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.