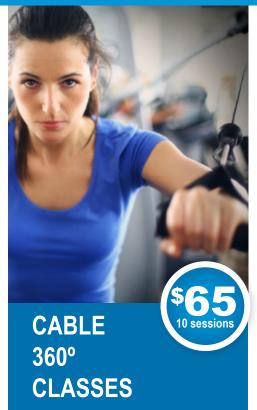
Get in shape with

Baton Rouge General Fit!



\$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!



\$7 single session

Classes include: Brains & Balance and Yoga



GROUP FITNESS CLASSES

\$4 single session

Classes include: Bootcamp, Circuit Training and Core Fit

Baton Rouge General *Fit!* is now offering 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!

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