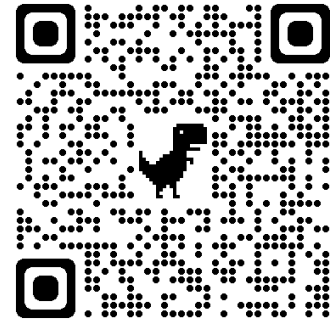
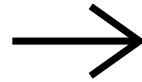


Sign up for Fitness Classes with Brown Recreation

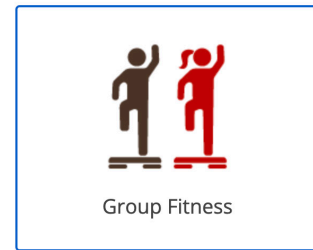
1.

Log in to your BFIT account through this QR code.



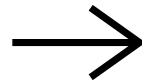
2.





Select Group Fitness.



3.

Select the class you would like to sign up for and click register.



	Agility & Strength This class is lower body focused and strives to improve cardiovascular endurance with quick, direction changing, footwork, strength, and balance. When the weather gets warm, come enjoy this class outside on the lawn!	\$0.00
	Arm & Abs This energetic morning class strikes a balance between core work and upper body strength training. Geared toward muscle growth, this class takes advantage of dumbbells and other props available in the studios.	\$0.00 -\$10.00
	Barre Looking for a leg intensive workout? This class is low impact and combines ballet inspired moves with Yoga and Pilates practice.	\$0.00 - \$10.00
	Body Combat A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and	\$0.00 -\$10.00



Download the new Brown Recreation App!

DOWNLOAD THE
APP TODAY



RECREATION



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How to cancel your group fitness class registration:

Via the app:

1. Click on the Group Fitness Cancellation icon
2. Sign in to Bfit
3. Toggle the screen to the right
4. Click on the kebab (three dots)
5. Cancel class

Via your Bfit portal:

1. Sign in to Bfit
2. Click on your email in the top right
3. Click program registrations
4. Cancel class



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