



Bench Press Newsletter

NEW! Instructor & Trainer Spotlight: Hailey



HAILEY

Meet Our Newest BODYPUMP Instructor: **Hailey!** We're excited to welcome Hailey to the Brea Fitness team as our newest BODYPUMP instructor. Catch her class on **Mondays at 10 a.m.**

A skateboarder herself and the daughter of Patti McGee, American professional skateboarder, Hailey brings an energetic, vibrant spirit to every class. Expect a motivating, fun, and high-energy workout that will leave you feeling strong and inspired.

[Group Fitness Schedule](#)

Senior Fitness Members Celebrate the Season Together

On Wednesday, Dec. 10, Brea Fitness hosted its annual SilverSneakers holiday party, bringing senior fitness members together for a morning filled with cheer, community and laughter. Guests enjoyed hot chocolate, raffles and a shared meal as they celebrated the season together. SilverSneakers continues to be one of the largest and most active communities at Brea Fitness, and the event highlighted the strong bonds formed through fitness and friendship.



The Brea Fitness team extends sincere thanks to its dedicated instructors for their year-round energy and commitment, as well as to event sponsors Dr. Blaine's and David Smith, independent insurance representative, for their generous support in making the celebration possible.



New Year, New Schedule Updates

Here's what's changing so you can keep moving with us.

Zumba (Monday & Wednesday)

Now **8:00 a.m.** (formerly 8:30 a.m.) — Instructor: Kristi

Barre

Now **Thursdays at 4:30 p.m.** (formerly Fridays) — Instructor: Andrea

BodyPump (Monday)

Now **9:00 a.m.** (formerly 9:30 a.m.) — Instructor: Sara

NEW BodyPump (Monday)

10:00 a.m. — Instructor: Hailey

NEW HIIT: Strong (Monday)
7:30 p.m. — Instructor: Pamela

HIIT: Dance (Tuesday)
6:00 p.m. **Canceled**

Barre (Tuesday)
Now 6:30 p.m. (formerly 7:00 p.m.) — Instructor: Andrea

TRX (Thursday)
6:00 p.m. **Canceled**

Group Fitness Schedule

Updates and Reminders



Sound Bath

January 8 at 7 PM

Relax and reset during this immersive sound healing session.

Register



January Gold Member Benefits

Month of January

Kick off the New Year with exclusive Gold Member benefits! More details coming soon. Visit breafitness.com for the latest updates and announcements.

Register

Kid Watch Babysitting Services



Whether you want to work out or take a class, Kid Watch lets you do it carefree. Our babysitting service is available to anyone attending a Brea Fitness class or any activity inside the Brea Community Center.

Kid Watch is available on a drop-in basis for children ages 18 months to 12 years. Parents must remain on-site while using Kid Watch.

Rates and Fees

\$3 per hour / per child
Punch pass: \$30 for 10 hours, plus 2 hours free (\$36 value)

Kid Watch Hours

Monday – Thursday	8:30 a.m. – 1:30 p.m. / 4:15 p.m. – 7:30 p.m.
Friday	8:30 a.m. – 1:30 p.m. / 4:15 p.m. – 7:00 p.m.
Saturday	7:45 a.m. – 11:00 a.m.
Sunday	Closed

***Infant care** (children 3 months and up) is available Monday – Friday, 8:30 a.m. – 1:30 p.m. only.

BREA FITNESS MEMBERSHIPS THAT **FIT** YOU

GOLD PACKAGE PAID IN-FULL 1 YEAR MEMBERSHIP	ADULT \$240 \$300*	S.T.M.S. \$180 \$240*	15% OFF MERCHANDISE 5% OFF SPECIALTY SERVICES <small>Personal Training Pilates Reformer TRX</small>
ORANGE PACKAGE PAID IN-FULL 6 MONTH MEMBERSHIP	ADULT \$150 \$180*	S.T.M.S. \$120 \$150*	
BLUE PACKAGE ALLOWS FOR 30 DAYS OF USE	ADULT \$35 \$40*	S.T.M.S. \$20 \$25*	
PURPLE FAMILY PACKAGE PAID IN-FULL 1 YEAR MEMBERSHIP OR RECURRING OPTION AVAILABLE	UPFRONT \$840 \$1080*	MONTHLY \$75 \$95*	INCLUDES UP TO 3 ADULTS & 3 S.T.M.S.
ACTIVE DAILY PASS ALLOWS FOR 1 DAY OF USE	\$8 \$10*		

*NON-RESIDENTS | S.T.M.S. = STUDENTS, TEENS, MILITARY, SENIORS (60+) WITH I.D.

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