



Top Ten Reasons to Try BP Group Exercise Classes

10. Ever get tired of your training plan, switch it up with the variety of our 38 classes offered.
9. BP Group Exercise classes are free in comparison to \$15-30/class at other gyms.
8. You will experience the benefits of EPOC (Excess Post Oxygen Consumption) after trying a Boot Camp, Cycling, or Cardio Strength class to increase your calorie burn.
7. Working out in a group keeps you accountable to reach your fitness goals.
6. Experience how time flies when you are working out to great music.
5. You will feel the team spirit from working out in a group setting. #BPGroupExerciseTribe
4. Earn 125 Staywell Local BP Activity Points by taking 16 classes in 10 weeks.
3. Can't decide what to do for your workout, our instructors will lead you through a structured class with new exercises.
2. Working out alone is great, but you can challenge yourself to work harder in a group setting.
1. Our world class instructors will motivate and inspire you throughout your workout!