



## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	10:00 AM	9:00 AM	7:15 AM	9:00 AM	10:15 AM	9:00 AM
9:00 AM	11:00 AM	10:00 AM	9:00 AM	11:00 AM	11:00 AM	11:00 AM
10:00 AM	5:30 PM	5:00 PM	10:00 AM			
11:00 AM			11:00 AM			

**B.A.S.E. is a 30-minute small group training session designed to improve balance, agility, and strength using specialized equipment and guided by highly trained instructors.**

## HOW TO SIGN UP

Advanced sign up is required for all classes. You can call, sign-up online or at the front desk. **Sign-ups will be open 24 hours in advance.**

For more information, email our B.A.S.E. Director Brynne Burns at [brynne@dedhamhealth.com](mailto:brynne@dedhamhealth.com)

