

# The Wellness Center at BCHC

Schedule for Monday, January 2- Friday, February 2

	Monday	Tuesday	Wednesday	Thursday	Friday
5 <sup>00</sup>	5:15-Spin Becky	5:30-Body Extreme Cody	5:15-Spin Becky	5:30-Body Extreme Cody	5:30-Body Sculpt Marianne
6 <sup>00</sup>	6:15-Water Aerobics Marianne	6:15-Spin Becky	6:15-Water Aerobics Marianne	6:15-Spin Becky	6:15-Water Aerobics Marianne
7 <sup>00</sup>	7:30-Kid Gym	6:30-Youth Lap Swim	7:30-Kid Gym	6:30-Pilates Ellie	6:30-Pilates Ellie
8 <sup>00</sup>	8:30-Water Aerobics Jane	8:30-Open Spin	8:30-Water Aerobics Jane	8:30-Open Spin	8:30-Water Aerobics Jane
9 <sup>00</sup>	9:30-Water Volleyball Jane	9:30-Cardio Plus Susie	9:30-Water Volleyball Jane	9:30-Cardio Plus Susie	9:30-Water Volleyball Jane
10 <sup>00</sup>	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie
11 <sup>00</sup>	11:30-Open Spin	11:30-Open Spin	11:30-Open Spin	11:30-Open Spin	11:30-Open Spin
12 <sup>pm</sup>	12:00-Open Spin	12:00-Open Spin	12:00-Open Spin	12:00-Open Spin	12:00-Open Spin
	12:30-Open Spin	12:30-Open Spin	12:30-Open Spin	12:30-Open Spin	12:30-Open Spin
4 <sup>00</sup>	4:00-Youth Open Swim	4:30-Beginner Spin Veronica	4:00-Youth Open Swim	4:30-Beginner Spin Veronica	4:30-Hydro Training Katie
5 <sup>00</sup>	4:00-Kid Gym Sarah	5:30-Kickboxing Becky	4:00-Kid Gym Sarah	5:30-Kickboxing Becky	5:00-Open Spin
6 <sup>00</sup>	5:00-Open Spin	5:30-Spinning Veronica	5:00-Open Spin	5:30-Spinning Veronica	6:00-Open Spin
7 <sup>00</sup>	6:30-Yoga Heather	7:00-Water Aerobics Ellie	6:30-Yoga Heather	7:00-Water Aerobics Ellie	

## Spinning Class

- Prior registration recommend, except during demo week, 1/2-1/4
- Fee must be paid in full; free for members during demo week
- No 8:30 spin class during demo week
- New session begins on 1/8

## Open Spin

- No instructor
- No added fee
- First come basis
- Welcome to bring DVD's

## Refit

- No membership needed, donation based
- Coming back in April

## Family Fun Swim

- 1st and 3rd Saturdays each month
- Swimming diapers required
- Pool is not zero entry, life jackets are recommended

Studio A and B

Pool

Multi-Purpose

Studio A and B