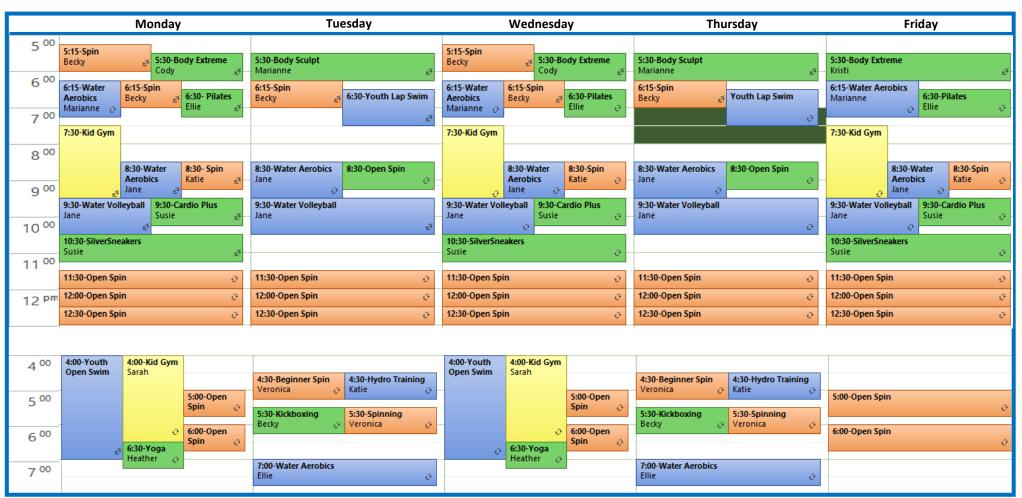
# The Wellness Center at BCHC

Schedule for Monday, January 2- Friday, February 2



### **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



