

The Wellness Center at BCHC

Schedule starting Monday, January 22

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

NEW!! Tai Chi for Arthritis

- No membership needed, donation based
- Offered by NEI3A
- Series runs **January 23-March 29**

Open Spin

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

Spinning Class

- Prior registration recommend
- Fee must be paid in full
- New session begins on February 5
- Sessions last approximately 4 weeks

Family Fun Swim

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

Rooms

Studio A and B
Pool
Multi-Purpose
Studio A and B