

The Wellness Center at BCHC

Schedule starting Monday, January 29

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

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