

The Wellness Center at BCHC

	Monday	Tuesday	Wednesday	Thursday	Friday
5 ⁰⁰	5:15- Spin Becky	5:30- Body Extreme Cody	5:15- Spin Becky	5:30- Body Extreme Cody	5:30- Body Extreme Kristi
6 ⁰⁰	6:15- Water Aerobics Marianne	6:15- Spin Becky	6:15- Water Aerobics Marianne	6:15- Spin Becky	6:15- Water Aerobics Marianne
7 ⁰⁰		6:30- Pilates Ellie	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 Cody	8:30- Open Spin	8:30- Spin 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	6:00- Open Spin
7 ⁰⁰	6:30- Yoga Heather	7:00- Water Aerobics Ellie	6:30- Yoga Heather	7:00- Water Aerobics Ellie	

Nutrition Education

Meet with BCHC's Registered Dietitian, Shelby Penner, to discuss all your nutrition questions and needs. \$20 for 30 minutes or \$35 for 60 minutes

To schedule, call 319-332-0917

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 March 19
- 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