

The Wellness Center at BCHC

Schedule beginning February 1

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

Family Fun Swim
1st & 3rd Saturdays only

Kid Gym

Children ages 6 months and older may play in the Kid Gym during designated hours with their family or while a parent or guardian utilizes the Wellness Center. Free for members, or \$2 per child for non-members.

All classes are subject to change.

Weather Policy

For the safety of our instructors and participants, The Wellness Center will follow the Independence Community School system for all weather-related announcements.

- If ICSD delays, there will be no AM exercise classes, AM Kid Gym, or AM Youth Swim.
- If ICSD dismisses early, there will be no PM exercise classes, PM Kid Gym, or PM Youth Swim.
- If ICSD cancels school, these activities at The Wellness Center are cancelled.

Rooms

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