

The Wellness Center at BCHC

Schedule beginning May 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 Kristi	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	8:00-Cardio Blast Tess	7:30-Kid Gym Kristi	8:00-Cardio Blast Tess	7:30-Kid Gym Kristi	
9:00	8:05-Strength-n-Spin Katie	8:30-Water Aerobics	8:05-Strength-n-Spin Katie	8:30-Water Aerobics	8:05-Strength-n-Spin Katie	
10:00	8:30-Water Aerobics	8:30-Open Spin	8:30-Water Aerobics	8:30-Open Spin	8:30-Water Aerobics	
11:00	9:30-Water Volleyball	9:30-Water Volleyball	9:30-Water Volleyball	9:30-Water Volleyball	9:30-Water Volleyball	Family Fun Swim 1st & 3rd Saturdays only
12:00 pm	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	
	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-T-n-T Tess	4:30-Hydro Training Katie	4:30-T-n-T Tess	4:30-Yoga Heather	
6:00		5:30-Yoga Heather	5:30-Open Spin	5:30-Yoga Heather	5:30-Open Spin	
7:00		6:30-Cardio Blast Tess	6:30-Cardio Blast Tess	6:30-Cardio Blast Tess		
		7:00-Water Aerobics Ellie	7:00-Water Aerobics Ellie	7:00-Water Aerobics Ellie		

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.

Cardio Plus

There will be no Cardio Plus classes from Monday, May 6 thru Wednesday, May 15.

Spinning Classes

The next 3-week spinning session will begin on May 13. Prior registration is recommend for spin classes. Fees must be paid prior to class, \$2 per class for members and \$5 per class for non-members

Family Fun Swim

Family Fun Swims are held the 1st and 3rd Saturdays each month. The pool is not zero entry, life jackets are recommended.

The last Family Fun Swim for the spring will be May 18, but it will return in September.

Rooms

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



All classes are subject to change.