

The Wellness Center at BCHC

Schedule beginning July 1

	Monday	Tuesday	Wednesday	Thursday	Friday
5 ⁰⁰	5:30-Body Extreme Kristi	5:15- Spinning Becky	5:30-Body Extreme Cody	5:15- Spinning Becky	5:30-Body Extreme Kristi
6 ⁰⁰	6:15-Water Aerobics Marianne	6:30-Youth Lap Swim	6:15-Water Aerobics Marianne	6:30-Youth Lap Swim	6:15-Water Aerobics Marianne
7 ⁰⁰	6:30-Pilates Ellie		6:30-Pilates Ellie		6:30-Pilates Ellie
8 ⁰⁰	7:30-Kid Gym Kristi	8:00-Cardio Blast Tess	7:30-Kid Gym Susie	8:00-Cardio Blast Tess	7:30-Kid Gym Kristi
9 ⁰⁰	8:30-Water Aerobics Jane	8:30-Water Aerobics Jane	8:30-Water Aerobics Jill	8:30-Water Aerobics Jill	8:30-Water Aerobics Jill
10 ⁰⁰	8:30-Spinning Katie	8:30-Open Spin	8:30-Spinning Katie	8:30-Open Spin	8:30-Spinning Katie
11 ⁰⁰	9:30-Water Volleyball Jane	9:30-Water Volleyball Jane	9:30-Water Volleyball Jill	9:30-Water Volleyball Jill	9:30-Water Volleyball Jill
12 ^{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	4:30-Hydro Training Katie	4:00-Youth Open Swim	4:30-Hydro Training Katie	4:30-Yoga Heather
5 ⁰⁰	4:00-Kid Gym Sarah/Mayce	5:30-Open Spin	4:00-Kid Gym Sarah/Mayce	5:30-Open Spin	
6 ⁰⁰	4:30-T-n-T Tess		4:30-T-n-T Tess		
7 ⁰⁰	5:30-Yoga Heather	7:00-Water Aerobics Ellie	5:30-Yoga Heather	7:00-Water Aerobics Ellie	
	6:30-Cardio Blast Tess		6:30-Cardio Blast Tess		

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.

Youth Wellness Camp

Keep your kids active this summer! For kids entering 2nd–5th grade. Held on Tuesdays in July from 8:30-11:30am, starting on July 9. \$25 for all 3 days or \$10 for each day.

Spinning Classes

The July session will begin on July 1 and end on July 31. Prior registration is recommended for spin classes. Fees must be paid prior to class, \$2 per class for members and \$5 per class for non-members.

Notice

There will be no Kid Gym, youth swim or group fitness classes on Thursday, July 4 and Friday, July 5.

Enjoy the holiday!

Rooms

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