

The Wellness Center at BCHC

Schedule beginning August 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 Kristi	8:00-Cardio Blast Tess	7:30-Kid Gym Kristi
	7:50-Strength	8:30-Water Aerobics Jane	7:50-Strength	8:30-Water Aerobics Jane	7:50-Strength
9:00	8:30-Water Aerobics Jane	8:30-Open Spin Katie	8:30-Water Aerobics Jill	8:30-Open Spin Katie	8:30-Water Aerobics Jill
	8:30-Spinning Katie	9:30-Water Volleyball Jane	8:30-Spinning Katie	8:30-Open Spin Katie	8:30-Spinning Katie
10:00	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
	10:30-SilverSneakers Susie		10:30-SilverSneakers Susie		10:30-SilverSneakers Susie
11:00	11:30-Open Spin	11:30-Open Spin	11:30-Open Spin	11:30-Open Spin	11:30-Open Spin
12 pm	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
	4:00-Kid Gym Sarah	5:30-Open Spin	4:00-Kid Gym Sarah	4:30-T-n-T Tess	
5:00				5:30-Yoga Heather	
6:00				5:30-Open Spin	
				6:30-Cardio Blast Tess	
7:00		7:00-Water Aerobics Ellie		6:30-Cardio Blast Tess	
				7:00-Water Aerobics Ellie	

Water Aerobics

Have you tried out a water class lately? We offer water classes Monday thru Friday and at several different times.

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.

Spinning Classes

The August session will begin on August 1 and end on August 30. 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.

All classes are subject to change.

Rooms

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