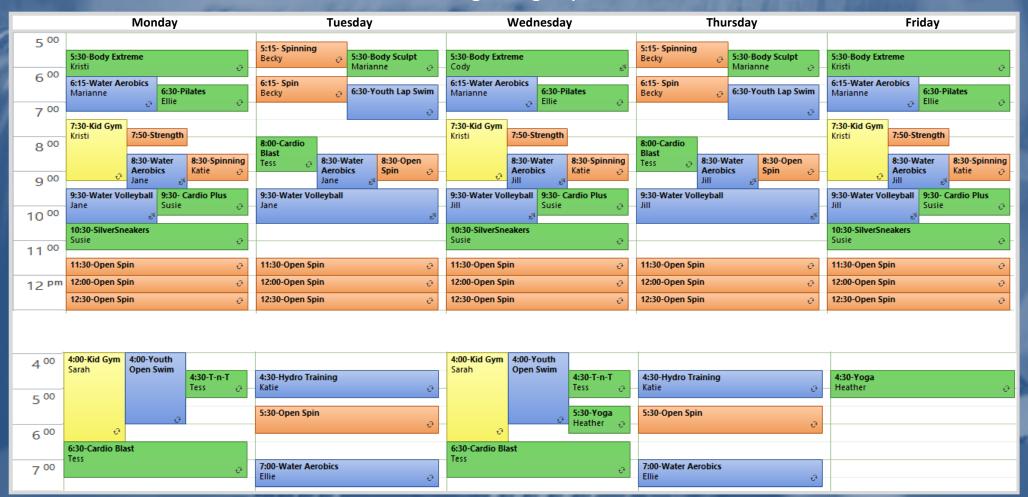
# The Wellness Center at BCHC

Schedule beginning September 1



## **Family Fun Swim is Back!**

Family Fun Swim returns on Sat.,
Sept 21. It will be held monthly on
the 1st & 3rd Saturdays. The pool
is not zero entry, life jackets are
recommended. Entry is free with a
membership or \$2/child
& \$5/adult.

## **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**

Cardio Plus will return on Wednesday, September 4.

This class uses a variety of equipment and formats. Get your heart pumping and move those muscles in this moderate-pace cardio class.

#### T-n-T

The last class will be on Wednesday, Sept. 11.

### Yoga

There will be no yoga held on Mondays in September.

## Rooms

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



All classes are subject to change.