

The Wellness Center at BCHC

Schedule beginning September 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	6:15- Spin Becky	6:15-Water Aerobics Marianne	6:15- Spin 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	7:50-Strength	7:30-Kid Gym Kristi	7:50-Strength	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	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
11:00	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie	10:30-SilverSneakers Susie
12:00 pm	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-Kid Gym Sarah	4:30-Hydro Training Katie	4:00-Kid Gym Sarah	4:30-Hydro Training Katie	4:30-Yoga Heather
5:00	4:00-Youth Open Swim	5:30-Open Spin	4:00-Youth Open Swim	5:30-Open Spin	
6:00	6:30-Cardio Blast Tess	7:00-Water Aerobics Ellie	6:30-Cardio Blast Tess	7:00-Water Aerobics Ellie	

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.