

The Wellness Center at BCHC

Schedule beginning October 1

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00	5:30-Body Extreme Kristi	5:15- Spinning Becky	5:30-Body Sculpt Marianne	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 Katie	8:30-Water Aerobics	8:30-Water Aerobics Katie	8:30-Water Aerobics	8:30-Water Aerobics Katie
10:00	9:30-Water Volleyball	9:30-Water Volleyball	9:30-Water Volleyball	9:30-Water Volleyball	9:30-Water Volleyball
11:00	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
12 pm	10:30-SilverSneakers Susie	10:30-SilverSneakers 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-Kid Gym Mayce	4:30-Hydro Training Katie	4:00-Kid Gym Mayce	4:30-Hydro Training Katie	4:30-Yoga Heather
5:00		5:30-Open Spin		5:30-Open Spin	
6:00	5:30-Yoga Heather		5:30-Yoga Heather		
7:00	6:30- Youth Lap Swim	7:00-Water Aerobics Ellie	6:30- Youth Lap Swim	7:00-Water Aerobics Ellie	

Family Fun Swim is Back!

Family Fun Swim 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.

Class Announcement

There will be no Pilates or 7pm Water Aerobics class from Wednesday, October 2 thru Tuesday, October 15.

Weather Policy

For the safety of our instructors & participants, we will follow the ICSD for all weather-related announcements.

- If ICSD delays, there will be no AM exercise classes, AM Kid Gym, or AM Youth Swim.
- If ICSD dismisses early, there will be no PM exercise classes, PM Kid Gym, or PM Youth Swim.
- If ICSD cancels school, these activities at The Wellness Center are cancelled.

Rooms

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

All classes are subject to change.