

BCC Group Exercise Schedule MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> Body Blast 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	<i>2</i> Yoga Flow 4:45pm	<i>3</i> Kickboxing 12:30pm Cardio, Core & Sculpt 5:00pm	<i>4</i>	<i>5</i> Zumba 10:00am Shotokan Karate 11:30am
<i>6</i>	<i>7</i> Yoga Flow 12:30pm Dance Class 1:30pm Cardio, Core & Sculpt 5:00pm	<i>8</i> Body Blast 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	<i>9</i> Yoga Flow 4:45pm	<i>10</i> Kickboxing 12:30pm Cardio, Core & Sculpt 5:00pm	<i>11</i>	<i>12</i> Zumba 10:00am Shotokan Karate 11:30am
<i>13</i>	<i>14</i> Yoga Flow 12:30pm Dance Class 1:30pm Cardio, Core & Sculpt 5:00pm	<i>15</i> Body Blast 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	<i>16</i> Yoga Flow 4:45pm	<i>17</i> Kickboxing 12:30pm Cardio, Core & Sculpt 5:00pm	<i>18</i>	<i>19</i> Zumba 10:00am Shotokan Karate 11:30am
<i>20</i>	<i>21</i> Yoga Flow 12:30pm Cardio, Core & Sculpt 5:00pm	<i>22</i> Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	<i>23</i> Yoga Flow 4:45pm	<i>24</i> Cardio, Core & Sculpt 5:00pm		<i>26</i> Zumba 10:00am Shotokan Karate 11:30am
<i>27</i>	Fitness Center <u>CLOSED</u> for Memorial Day	OPEN 9:00AM-7:30PM	OPEN 9:00AM-7:30PM	Fitness Center <u>CLOSED</u> for Inauguration	1 (JUNE) Fitness Center <u>CLOSED</u> for Commencement	2 (JUNE) Fitness Center <u>CLOSED</u> for Commencement

Exercise Class Descriptions & Instructors

Modifications are given to accommodate all fitness levels in all classes.



Body Blast with Carolyn: (Tues) 45 mins

A dynamic whole body conditioning class that combines cardio intervals and strength training. We will use free weights, resistance bands, exercise balls and more to improve cardio fitness, reduce body fat and increase muscle mass.



Yoga Flow with Däna: (Mon & Weds) 45 mins

This easy going Hatha/Vinyasa blend is designed to de-stress and refresh. Suitable for all levels this class will bring your body and mind back into balance through breath work, postures and meditation.



Cardio, Core and Sculpt with Lynette: (Mon & Thurs) 45 mins

A complete cardio and muscle strengthening workout. This class consists of high intensity bursts of cardio exercises to maximize fat burning, along with the use of dumbbells to strengthen and sculpt the muscles. A fun and fast paced class.



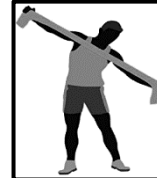
Shotokan Karate with Sensei Kevin: (Sat) 60 mins

A karate class that will include a fitness warm up, basic katas and self-defense. All levels welcome.



Dance Class with DPao: (Mon) 60 mins

A dance exercise session which will include a variety of dance styles including hip hop.



Total Body Strength with Lynette: (Weds) 45 mins

A total body resistance training class designed to increase lean muscle by using dumbbells, bands, balls, and mat work. A nice stretch is included at the end.



Muay Thai Kickboxing with Carolyn: (Thurs) 45 mins

This is a fun, fast-paced, stress-releasing workout for your entire body. We will use a combination of punches, kicks, knee and elbow strikes to get in shape while learning the fundamentals of Muay Thai kickboxing. In addition to boxing, we will also work on cardio and core fitness using a variety of different drills and equipment. **Please bring boxing gloves.**



Zumba with Dawn: (Tues & Sat) 60 mins

A high energy dance fitness program using Latin rhythms and easy to follow moves.



Meditation Class with Däna: (Tues) 30 mins

Held in Art Gallery, H building.

Sit comfortably and allow yourself to be guided into deep relaxation and calm. Guided meditation techniques promote stress reduction, clarity of mind and help soothe the nervous system