

WELLNESS SPONSORED EXERCISE PROGRAMS

\$25 Fee For Each Program—Paid by 1st week

Make check payable to BCC—with DL # at the top

Attend 12/16 Sessions for \$50 Healthy Bucks or receive 1 hour Health Smart Qualifying Education Credit

ALL PROGRAMS LOCATED ON MAIN CAMPUS -6th FLOOR OF COURTHOUSE



Zumba— Easy & Fun!

Mondays & Wednesdays

5:30-6:30 pm

**Beginning Mon Mar. 20th—
May 10, 2017**

Zumba is a Latin-inspired dance/fitness class set to Latin & international music performed at moderate intensity.

Shoes & Socks required

Burn Calories & Have fun!

All fitness levels welcomed—

Each dance move is demonstrated

Yoga for Men & Women

Mondays & Wednesdays

12:05-1:00 PM

Beginning Mon Mar. 20th— May 10, 2017



Join this program to improve:

- Balance
- Flexibility
- Core strength

Exercise clothing required,

Shoes not necessary

Bring your own Yoga Mat!

PLEASE NOTE PROGRAM DATE CHANGES FOR PILATES & CIRCUIT TRAINING ON GO SIGN ME UP!!!!!!

Basic Pilates

Tuesdays & Thursdays

12:05-1:00 PM

**Beginning Tues Mar. 14— May 4th,
2017**

Practice the basics of Pilates, progress at your own pace

- Build strength
- Improve core
- Increase flexibility
- Alleviate low-back pain



Circuit Training for Men & Women

Tuesdays & Thursdays

5:30-6:30 PM

**Beginning Tues Mar.14—May 4th,
2017**

BUILD MUSCLE MASS & LOSE WEIGHT

- Combines resistance, strength, & interval training
- Improve aerobic capacity and build strong muscles
- Increase overall muscle mass
- Lose fat
- Improve overall strength

