



## YOGA AT GROWTH MANAGEMENT– Every Monday

Program Runs May 22, 2017– Sept. 18, 2017

(No classes on Mon May 29, Sept. 4, 2017)

12:05– 12:55 PM Conference Rooms 609/610– Bring Your Own Mat

Attend 12/16 sessions for \$50 HB or Qualifying Credit

Participants will be required to set up and breakdown the room

## 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 OFFERED BELOW LOCATED ON MAIN CAMPUS -6th FLOOR OF COURTHOUSE**



### **Zumba– Easy & Fun!**

**Mondays & Wednesdays**

**5:30-6:30 pm**

**Beginning Mon May 22nd– July 17, 2017**

**No class May 29**

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 May 22nd–July 17, 2017**

**No class May 29**



Join this program to improve:

- Balance
- Flexibility
- Core strength

**Exercise clothing required,**

**Shoes not necessary**

**Bring your own Yoga Mat!**

### **Basic Pilates**

**Tuesdays & Thursdays**

**12:05-1:00 PM**

**Beginning Tues May 16– July 11, 2017**

**No class July 4**

Practice the basics of Pilates, progress at your own pace

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



### **Circuit Training for Men & Women**

**Tuesdays & Thursdays**

**5:50-6:30 PM**

**Beginning Tues May 16– July 11, 2017**

**No class July 4**

### **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

