
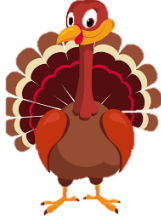





*BCC Group Exercise Schedule*  
**NOVEMBER 2018**


Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Core & More 12:30pm  Cardio Sculpt 5:00pm	2	3 Zumba 10:00am  Shotokan Karate 11:30am
4	5 Yoga-lates 12:30pm Dance Class 1:30pm Cardio Sculpt 5:00pm	6 Meditation 12:30pm <i>in Art Gallery</i>  Zumba 4:45pm	7 Total Body Tone 12:30pm  Yoga Flow 4:45pm	8 Core & More 12:30pm  Cardio Sculpt 5:00pm	9	10 Zumba 10:00am  Shotokan Karate 11:30am
11	<b>Fitness Center</b> <b><u>CLOSED</u></b> for <u>Veterans Day</u>	13 Meditation 12:30pm <i>in Art Gallery</i>  Zumba 4:45pm	14 Total Body Tone 12:30pm  Yoga Flow 4:45pm	15 Core & More 12:30pm  Cardio Sculpt 5:00pm		17 Zumba 10:00am  Shotokan Karate 11:30am
18	19 Yoga-lates 12:30pm Dance Class 1:30pm Cardio Sculpt 5:00pm	20 Meditation 12:30pm <i>in Art Gallery</i>  Zumba 4:45pm	21 <b><u>NO Total Body Tone</u></b>  Yoga Flow 4:45pm	22 <b>Fitness Center</b> <b><u>CLOSED</u></b> for <u>Thanksgiving</u>	23 <b>Fitness Center</b> <b><u>CLOSED</u></b> for <u>Thanksgiving</u>	24 Zumba 10:00am  Shotokan Karate 11:30am
25	26 Yoga-lates 12:30pm Dance Class 1:30pm Cardio Sculpt 5:00pm	27 Meditation 12:30pm <i>in Art Gallery</i>  Zumba 4:45pm	28 Total Body Tone 12:30pm  Yoga Flow 4:45pm	29 Core & More 12:30pm  Cardio Sculpt 5:00pm	30	


# Exercise Class Descriptions & Instructors

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


	<p><b>Cardio Sculpt with Lynette: (Mon) 45 mins</b> A complete cardio and muscle sculpting workout. Lynette keeps this class fun and interesting by using dumbbells, heavy bars, balance ball and more to strengthen and tone your body.</p>
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	<p><b>Shotokan Karate with Sensei Kevin: (Sat) 60 mins</b> A karate class that will include a fitness warm up, basic katas and self-defense. All levels welcome.</p>
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	<p><b>Core &amp; More with Wendy: (Thurs) 45 mins</b> Total body strength-training primarily focused on toning and strengthening the core.</p>
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	<p><b>Total Body Tone with Wendy: (Wed) 45 mins</b> A strengthening workout that focuses equal time on upper body and lower body and abdominal work using body bars, free weights, and body weight as resistance to tone the entire body.</p>
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	<p><b>Dance Class with DPao: (Mon) 60 mins</b> A dance exercise session which will include a variety of dance styles including hip hop.</p>
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	<p><b>Yoga Flow with Däna: (Wed) 45 mins</b> 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.</p>
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	<p><b>Meditation in Art Gallery with Däna: (Tues) 30 mins</b> <i>Held in Art Gallery, H building.</i> 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.</p>
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	<p><b>Yoga-lates with Wendy: (Mon) 45 mins</b> This low-impact workout will develop core strength and stabilization through Pilate poses. It will also improve flexibility, muscular strength posture and alignment through yoga poses, breathing and relaxation.</p>
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	<p><b>Muscle Mix with Lynette: (Thurs) 45 mins</b> Work magic with your muscles. Lynette uses a variety of equipment and combination movements to get you super toned! Join the fun!</p>
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	<p><b>Zumba with Dawn: (Tues &amp; Sat) 60 mins</b> A high energy dance fitness program using Latin rhythms and easy to follow moves.</p>
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