



BCC Group Exercise Schedule

March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kickboxing 12:30pm Cardio, Core & Sculpt 5:00pm	2	3 Zumba 10:00am Shotokan Karate 11:30am
4	5 Yoga Flow 12:30pm Dance Class 1:30pm Yin Yoga 4:00pm Cardio, Core & Sculpt 5:00pm	6 Body Blast 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	7 Total Body Strength 12:30pm Yoga Flow 4:45pm	8 Kickboxing 12:30pm Cardio, Core & Sculpt 5:00pm	9	10 Zumba 10:00am Shotokan Karate 11:30am
11	12 Yoga Flow 12:30pm Dance Class 1:30pm <u>NO Yin Yoga Today</u> Cardio, Core & Sculpt 5:00pm	13 <u>NO Body Blast Today</u> Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	14 Total Body Strength 12:30pm Yoga Flow 4:45pm	15 <u>No Kickboxing Today</u> Cardio, Core & Sculpt 5:00pm	16 	17 Zumba 10:00am Shotokan Karate 11:30am
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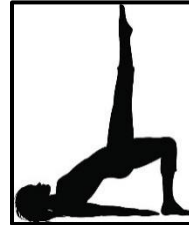
Exercise Class Descriptions & Instructors

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.



Yin Yoga with Alexa: (Mon) 45 mins

This is a yoga practice that gently and mindfully unwinds the body. Yin uses slow movements that work to relax the body's connective tissues, muscles, ligaments, and organs to promote physical and mental well-being.



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.



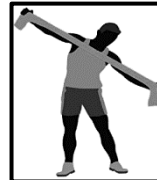
Shotokan Karate with Sensei Kevin: (Sat) 60 mins

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 Dána: (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



Yoga Flow with Dána: (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.