

# Attention Group Exercise Enthusiasts

**Fall 2018**

**(9/4/18 through 12/20/18)**

**BC Group Exercise Offerings**

<b>Monday:</b>	4:30 – 5:45	Cardio Circuit (Patti)
<b>Tuesday:</b>	4:30 – 5:00	<i>"Quick" Step into Fitness* (Mary)</i>
	5:15 – 6:00	<i>Pilates Bodies* (Mary)</i>
<b>Wednesday:</b>	4:30 – 5:45	Strength Circuit (Patti)
<b>Thursday:</b>	4:30 – 5:30	Fitness Fusion (Trish)
	5:30 – 6:00	Strength & Stretch (Trish)
<b>Friday:</b>	4:45 – 5:30	<i>Yo-Chi* (Mary)</i>

*\*"Quick" Step Into Fitness, Pilates Bodies & Yo-Chi are non-credit courses offered through the Div. of Community Service and require a registration fee.*

Classes are free for current HCC students, BC Members and Open Fitness students unless otherwise noted. Our Schedule is subject to change. Please visit the Bartley Center or call 552 - 2160 for more information.