Spring 2018
(1/2/18 through 5/31/18)
BC Group Exercise Offerings

Monday:  8:00 – 8:30  H.I.I.T. ** (Laura)
          4:30 - 5:15  Body Sculpting (Patti)
          5:15 – 6:00  Cardio Contenders (Patti)

Tuesday: 12:45- 1:15  H.I.I.T. ** (Laura)
          4:30 – 5:00  “Quick” Step into Fitness* (Mary)
          5:15 – 6:00  Pilates Bodies* (Mary)

Wednesday:  8:00 – 8:30  H.I.I.T. **(Laura)
              4:30 – 5:45  Cardio Spin Circuit (Patti & Laura)

Thursday:  12:45- 1:15  H.I.I.T. ** (Laura)
            4:30 – 5:30  Fitness Fusion (Trish)
            4:30 – 5:30  Spinning for All Levels^ (Laura)
            5:30 – 6:00  Strength & Stretch (Trish)

Friday:  8:00 – 8:30  H.I.I.T. ** (Laura)
        5:15 – 6:00  Yo-Chi* (Mary)

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

^Spinning for All Levels requires preregistration for each session and a $5 fee to “hold your bike”. Late arrivals will forfeit their reservation and fee.

**High Intensity Interval Training (H.I.I.T.) Pay once per semester (1/8 – 5/31/18) or per class. Payment options include: Up to 5 classes a week=$100 per semester; up 2 classes a week=$50 per semester; Walk Ins $5 per class (Student/BC member), $15 per class (Non-Student).

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.