

# Attention Group Exercise Enthusiasts

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

<b>Monday:</b>	8:00 – 8:30	H.I.I.T. ** (Laura)
	4:30 - 5:15	Body Sculpting (Patti)
	5:15 – 6:00	Cardio Contenders (Patti)
<b>Tuesday:</b>	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)
<b>Wednesday:</b>	8:00 – 8:30	H.I.I.T. ** (Laura)
	4:30 – 5:45	Cardio Spin Circuit (Patti & Laura)
<b>Thursday:</b>	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)
<b>Friday:</b>	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.