

Summer 2019

BC Group Exercise Offerings

Monday:	4:30 – 5:45	Cardio Circuit (Patti)
Tuesday:	4:30 – 5:00 5:15 – 6:00	<i>“Quick” Step into Fitness* (Mary)</i> <i>Pilates Bodies* (Mary)</i>
Wednesday:	4:30 – 5:45	Strength Circuit (Patti)
Thursday:	4:30 – 5:30 5:30 – 6:00	Fitness Fusion (Trish) (through 6/27) Strength & Stretch (Trish) (through 6/27)
Friday:	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.