

BCAC CLASS SCHEDULE

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
Alive at 5	4:30-5:30 p.m.		4:30-5:30 p.m.		
Cycling	6:00-7:00 p.m.	6:00-7:00 p.m.			
Group Weight	8:30-9:30 a.m.	8:30-9:30 a.m.		8:30-9:30 a.m.	
Aquasize	8:45-9:45 a.m.	9:00-10:00 a.m.	8:45-9:45 a.m.	9:00-10:00 a.m.	8:45-9:45 a.m.
Emeritus	7:00-8:00 a.m. 8:00-9:00 a.m.	7:00-8:00 a.m. 8:00-9:00 a.m.	7:00-8:00 a.m. 8:00-9:00 a.m.	7:00-8:00 a.m. 8:00-9:00 a.m.	7:00-8:00 a.m. 8:00-9:00 a.m.
Water Aerobics	6:30-7:30 p.m.	6:30-7:30 p.m.	6:30-7:30 p.m.	6:30-7:30 p.m.	
Water Volleyball	7:30-8:30 p.m.			7:30-8:30 p.m.	
Bench Aerobics	6:00-7:00 p.m. 8:30-9:30 p.m.	6:00-7:00 p.m. 8:30-9:30 p.m.	6:00-7:00 p.m.	6:00-7:00 p.m. 8:30-9:30 p.m.	
Chair Aerobics		10:30-11:15 a.m.		10:30-11:15 a.m.	
Karate	7:00-8:30 p.m.			7:00-8:30 p.m.	
Cain Ryu Bujutsu		7:30-8:30 p.m.	7:30-8:30 p.m.		
Circuit Training		8:30-8:30 a.m.		8:30-8:30 a.m.	
Pilates	8:00-9:00 a.m.	8:00-9:00 a.m. 5:00-6:00 p.m.	8:00-9:00 a.m.	8:00-9:00 a.m. 5:00-6:00 p.m.	8:00-9:00 a.m.
Begin. Dancers Line Dancing	9:00-9:30 a.m. 9:30-10:30 a.m.		9:00-10:00 a.m.		9:00-9:30 a.m. 9:30-10:30 a.m.
Zumba	10:30-11:30 a.m.		10:30-11:30 a.m. 8:30-9:30 p.m.		Saturday 9:30-10:30 am
Yoga		9:00-10:00 a.m.		9:00-10:00 a.m.	
Beginning Aerobics	5:00-6:00 p.m.		5:00-6:00 p.m.		