

## Boston University Fitness & Wellness Center at BCYF Blackstone

### Program Schedule: January 12<sup>th</sup>-May 15<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Hours 10a-3p
3:00pm	Zumba (Ellie)  <i>*Begins Jan 26</i>	Zumba (Becky)		Zumba&Stretch (3:00-3:45) (Andrea) <i>*Begins Jan 22</i>		
4:00pm		Mat Pilates (Kathleen)		Gentle Pilates (3:50-4:35) (Kathleen)		
5:00pm						
6:00pm	Bootcamp (Lindsey)		Yoga (Tia)			
7:00pm		Yoga (Tia)				

**Zumba:** This fast paced aerobics class featuring Latin tunes and easy to follow moves will allow you to achieve long term results while having fun!

**Zumba&Stretch:** Come join this fun class to get 20 minutes of dancing to improve your aerobic capacity and 20 minutes of active and passive stretching to improve flexibility and reduce injury!

**Mat Pilates:** Pilates emphasizes alignment and targets those looking to improve their overall fitness and well-being while focusing on core strength and flexibility.

**Gentle Pilates:** A seated variation of Pilates, designed with the needs of older adults in mind.

**Bootcamp:** Variety is the theme of this energetic class that utilizes non-traditional equipment and exercises to train your total body as well as provide an invigorating cardiovascular workout. Emphasis is placed on body alignment, form and safety.

**Yoga:** Move, breathe and relax while learning basic yoga postures and breathing techniques in this introductory class. Yoga builds strength, improves balance, concentration and flexibility and helps to relieve stress. Emphasis will be placed on proper form, for safety and effectiveness.

**Classes are 50 minutes in length unless otherwise noted**

**Members must be at least 14 years of age in order to participate**

**BCYF Blackstone Community Center**  
 50 West Brookline Street  
 Boston, MA 02118  
 Telephone: 617-635-5162 Fax: 617-635-5057  
[info@yourblackstone.org](mailto:info@yourblackstone.org)