



## Boston University Fitness & Wellness Center at BCYF Blackstone

### Program Schedule: September 8<sup>th</sup> - December 18<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Hours 10a-3p
3:00pm	Zumba (Olga)	Zumba (Becky)	Older Adult Fitness (Kevin) Ends December 9	Zumba (Sophie)		
4:00pm		Pilates (Kathleen)				
5:00pm						
6:00pm	Bootcamp (Lindsey)			Yoga (Jennifer)		
7:00pm						

**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!

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

**Older Adult Fitness:** Learn about new exercise ideas, strategies to maintain exercise habits, and how to prevent/manage aging-related health conditions in this exercise class designed for older adults. Classes are set in a safe and supportive group environment and will focus on aerobic training, strengthening, flexibility, and balance to promote overall health and well-being. All fitness levels and abilities are welcome.

**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**

**FitWell Hours: 3-8:30pm weekdays and 10am-3pm Saturdays**

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