



## Boston University Fitness & Wellness Center at BCYF Blackstone

### Program Schedule: September 6<sup>th</sup> - December 16<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Hours 10a-3p
3:00pm		Gentle Pilates (Kathleen)	Zumba (Olga)	Zumba (Olga)	Older Adult Fitness (Jimmy and Paul) <i>Oct 7- Dec 9</i>	
4:00pm			Older Adult Fitness (Jimmy and Paul) <i>Oct 5-Dec 7</i>			
5:00pm						
6:00pm	Yoga (Lindsey)			Yoga (Lindsey)		
7:00pm						

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

**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!

**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.

**Older Adult Fitness:** Join us for a class with older adults fitness needs in mind! This class incorporates balance, strength training, flexibility and more!

**Classes are 50 minutes in length**

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

**BCYF Blackstone Community Center**  
50 West Brookline Street  
Boston, MA 02118  
Telephone: 617-635-5162 Fax: 617-635-5057