

# SUMMER LAND FITNESS & SPIN SCHEDULE

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00 a.m.		<i>Spin</i>		<i>Spin</i>			
8:15 a.m.						MVe Pilates	
8:30 a.m.	<i>Spin</i> Body Works	MVe Pilates	<i>Spin</i> Body Works	Pilates	<i>Spin</i> Body Works		
9:00 a.m.						<i>Spin</i> Step	
4:00 p.m.	Body Works		Body Works				
4:30 p.m.	<i>Spin</i>	<i>Spin</i>	<i>Spin</i>	<i>Spin</i>			
5:00 p.m.		Pilates		Pilates on the Ball			
5:30 p.m.	<i>Spin</i> On-The-Go Step	<i>Spin</i>	<i>Spin</i> Groove With Step Acrobics	Run 4 Fun			
6:30 p.m.	Yoga		Zumba				

## Nursery

(For ages 6 mo. to 6 years) Coloring, puzzles, reading, and free-play are just some of the activities that we have for your child while you are working out!

### AM Hours:

Monday - Friday 8:00 a.m. - 11:00 a.m.

### PM Hours:

Monday - Thursday 4:00 p.m. - 7:00 p.m.

PM hours will be determined by attendance

### Fees:

**FREE!!** For BCMC Annual Members

Non - Members

Monthly Pass \$20

Walk - In Fee -- \$3 per child