



THANKSGIVING HOURS

The Plex and Hut will have limited hours the week of Thanksgiving. Plex and Hut reopen Nov. 26 with regular hours.

Plex

Nov. 21: 6 am - 8:45 pm
 Nov. 22: 6 am - 8:30 am
 Nov. 23 -25: Closed

Hut

Nov. 21: 7:45 am - 6 pm
 Nov. 22 -25: Closed

WORK FOR BC REC

BC Rec is hiring Lifeguards. Get more information on this and other jobs: bc.edu/rec/about-us/employment



PERSONAL TRAINING

We offer a variety of Personal Training packages for those who are ready to take their fitness routine to the next level! Personal training sessions consist of focused, personalized workouts with our certified trainers. Trainers will meet with clients to discuss their health and fitness goals and determine their current fitness level, and then use that information to develop a custom, tailored workout to help them achieve maximum results.

Sign up in Member Services at the Plex and learn more at www.bc.edu/rec.

LSAT GMAT & GRE

**PREP
CLASSES**

Register Online:
www.bc.edu/testprep
Call Us:
 617-552-4256
Email:
testprep@bc.edu

**BOSTON
COLLEGE**

GROUP FITNESS INSTRUCTOR

Want to be a group fitness instructor? Attend an information session on Monday, November 6 or Friday, November 10 in MPRD at 3:30 pm to learn more about what is required.

NOVEMBER @ BC REC

5 Daylight Savings Time Ends

6 Group Fitness Info Session, 3:30 - 4 in MPRD

10 Group Fitness Info Session, 3:30 - 4 in MPRD

11 Plex & Hut closed for football game vs. NC State

16 Turkey Trimmer Workout

21 Plex open 6 am - 8:45 pm
 Hut open 7:45 am - 6 pm

22 Plex open 6 am - 8:30 am
 Hut closed

23 Happy Thanksgiving!



23-25 Plex & Hut closed for Thanksgiving

PAYROLL DEDUCTION

Faculty and staff can now enroll for membership using payroll deduction by bringing your BC ID to Member Services at the Plex anytime throughout the year. Monthly rate can be as low as \$31/month. Get more information on our website at bc.edu/rec or stop by Member Services.

JOIN US ON AN ADVENTURE THIS SPRING BREAK

This Spring Break our Outdoor Adventures program is running trips across the U.S. We are going to:

- Grand Canyon
- North Carolina
- Utah

Trips run March 3 - 10. Get more info and register at reconnect.bc.edu. Questions? Email our OA Director, Eli Crispell, at crispell@bc.edu.



PRIVATE LESSONS

We are offering private and semi-private tennis and swim lessons for all skill levels (adult and youth). From the beginner who wants to learn the basics, to the more advanced participant who needs to work on technique, our instructors can help. Visit bc.edu/rec to see instructor availability and learn how to sign up.

