



# FALL SESSION II PROGRAMS

Class	Dates	Days	Time	Student Member	Regular Member	HEALTHY YOU
<b>Small Group Training Programs</b>						
Synergy Circuit Training	10/22 - 12/3	M/W	7:00 - 8:00 am	\$48	\$96	\$48
Synergy Circuit Training	10/23 - 12/6	T/Th	5:15 - 6:15 pm	\$48	\$96	\$48
Synergy Circuit Training	10/23 - 12/6	T/Th	12:00 - 1:00 pm	\$48	\$96	\$48
Fit For Life	10/23 - 12/6	T/Th	7:00 - 8:00 am	N/A	\$96	\$48
Fit For Life	10/22 - 12/3	M/W	12:00 - 1:00 pm	N/A	\$96	\$48
Intro to (Power)lifting	10/23 - 12/6	T/Th	6:30 - 7:30 pm	\$48	\$96	\$48
TRX Circuits	10/22 - 12/3	M/W	5:00 - 6:00 pm	\$48	\$96	\$48
Women & Weights	10/22 - 12/3	M/W	7:00 - 8:00 am	\$48	\$96	\$48
Boxing Bootcamp	10/22 - 12/3	T/Th	4:00 - 5:00 pm	\$48	\$96	\$48
<b>Personal Training</b>						
Please visit <a href="http://www.bc.edu/rec">www.bc.edu/rec</a> for a full list of our personal training packages and a la carte sessions.						
<b>Aquatics Programs</b>						
Pre- Masters	10/29 - 12/5	M/W	12:00 - 1:00 pm	\$40	\$80	N/A
Masters	9/4 - 12/6	M/T/W/Th	6:05 - 7:10 am	\$62	\$86	N/A
<b>Instructional Programs</b>						
Beginner Karate	10/23 - 12/4	T	6:00 - 7:00 pm	\$24	\$48	\$24
Advanced Karate	10/23 - 12/4	T	7:00 - 8:00 pm	\$24	\$48	\$24
Adult Tennis: Beginner	9/4 - 10/16	T	6:00 - 7:00 pm	\$24	\$48	\$24
Adult Tennis: Intermediate	9/4 - 10/16	T	7:00 - 8:00 pm	\$24	\$48	\$24
Adult Tennis: Beginner	9/5 - 10/10	W	8:00 - 9:00 pm	\$24	\$48	\$24
Adult Tennis: Intermediate	9/5 - 10/10	W	9:00 - 10:00 pm	\$24	\$48	\$24
<b>Private and Semi-Private Swim and Tennis Lessons</b>						
Please visit <a href="http://www.bc.edu/rec">www.bc.edu/rec</a> for information on youth and adult private and semi-private swim and tennis lessons.						

Campus Recreation and HEALTHY YOU are pleased to offer Fall Session II Campus Recreation courses at half price for faculty/staff members! All benefits-eligible employees at Boston College who are also members of Campus Recreation pay only half of the member rate for a course and HEALTHY YOU pays the other half. This is a great way to kick start your routine and get yourself on the path to a healthier lifestyle!

**REGISTER AT RECONNECT.BC.EDU**

**Fit Club:** This semester-long small group training program and support group is for individuals who are overweight, with a BMI greater than or equal to 27. The program includes goal setting, scheduled assessments, small group training workouts 3 days per week, fitness challenges, and lots of support and encouragement! There are no fads here, just research-supported exercise.

**Synergy Circuit Training:** This is a fast-paced total body workout to challenge and improve your cardiovascular and muscular endurance levels. All workouts will be held on the Life Fitness Synergy 360, and in other fitness areas utilizing a variety of equipment. Jumping and explosive movements will be incorporated in the workout. The goal is for participants to leave feeling more comfortable on the Synergy 360 equipment, as well as experiencing improved fitness.

**Fit For Life:** This exercise program is designed to meet the needs of adults over 50 years old. Exercise is important for your overall mental and physical health and is an essential part of living a healthy lifestyle! This well-rounded program includes a combination of weight training, cardiovascular, neuromuscular (balance/coordination), and flexibility exercises, geared to help you keep in shape all semester long!

**TRX Circuits:** Strengthen and stabilize using TRX suspension straps and bodyweight exercises in a fun, stimulating circuit workout. This class focuses on full range of motion and time under tension to show you how strong all elements of your body can be and how your core supports your active lifestyle. Enjoy “hanging out” with suspension training and expect a burn that is sure to bring you one step closer to your goals!

**Intro to (Power)lifting:** This is a strength-based class focused on developing power in the three major lifts of the sport: bench press, squat, and deadlift. Under careful guidance from our trainers, participants will see their strength skyrocket as they push themselves farther than they could have imagined. In order to maximize strength gains, each week will be a progression from the previous, keeping the class fun and functional. This class will also contain mobility and flexibility work, necessary to keeping muscles pliable and enhancing growth. The goal is for participants to leave this class each week feeling stronger and more comfortable with compound lifts.

**Women & Weights:** This class is for BC's female population who are interested in strength training. Contrary to popular belief, cardio is not the only way to get muscle tone. With proper guidance from our excellent trainers, we will put you through a total body strength training routine to help develop independence and confidence in the weight room. The goal is to make weight lifting more approachable for women while giving them a great workout!

**Boxing Bootcamp:** This is a class for those looking to get in shape and learn the sweet science of boxing. Led by an instructor with competitive experience, this class will include technical aspects as well as conditioning used by competitive boxers. Though it is modeled after realistic training principles and methods, there will be no fist-to-face contact, so mouthguards are not required. While we do recommend that participants bring their own wraps and gloves, we will have gloves available. Wraps can be purchased at the Equipment Desk. The goal is to undergo an incredible workout while learning the skills and confidence of a fighter!

**Masters Swim:** Our Masters Swim Program consists of a team of motivated swimmers who train under the instruction of our experienced coaches. The name might sound a bit intimidating, but 'Masters' simply refers to the adult age group (ages 18 and older). Participants can join for the challenging workouts to train for a triathlon, or simply to get in shape and have fun. Swimmers have the opportunity to compete in New England Masters Swim Meets, but it is not required. Practices are designed to get swimmers into great cardiovascular condition.

**Pre-Masters Swim:** This class is for the swimmer who wants to learn efficiency and improve their technique. Participants must be able to swim at least 50 yards freestyle or have completed Beginner Swim to participate.

**Beginner Karate:** This five-week program is an excellent fit for learning the core concepts of karate: self-defense and situational-awareness. Students will learn how to out-manuever their adversary by applying technique over speed, strength, and size. This class is not katas and forms, instead we build on real world techniques of kicks, punches, blocks, and protection. All classes take place on the indoor tennis courts.

**Advanced Karate:** Students trained in martial arts from a variety of backgrounds will draw from the experience of this advanced class. There will be a strong emphasis on discipline and respect as we build increased skills in stand up sparring, clinches, take-downs, and grappling.

**Beginner Tennis:** Learn techniques, practice drills, and approaches to the game of tennis during these lessons. Class emphasizes fundamentals and basic tennis skills.

**Intermediate Tennis:** You will learn more advanced techniques, drills, and game strategy in this class. This class requires tennis experience or completion of Beginner Tennis.