

Healthy You and Campus Recreation

Programs & Offerings for Spring 2018

Free Yoga Across Campus

We're offering Gentle Hatha Yoga on Main and Newton Campus! This class will combine breath work (pranayama) and gentle postures to release physical tension in the body and relax the mind. All levels welcome. No experience necessary.

Yoga on Main & Newton Campus (Gentle Hatha Yoga)

Session I	Session II
Main Campus, Carney 206 Tuesdays, 7:30 - 8:30 am (Jan. 16 - Feb. 20) Wednesdays, 12 - 1 pm (Jan. 17 - Feb. 21)	Main Campus, Carney 206 Tuesdays, 7:30 - 8:30 am (Feb. 27 - April 17) Wednesdays, 12 - 1 pm (Feb. 28 - April 18)
Newton Campus, Quonset Hut Wednesdays, 12 - 1 pm (Jan. 17 - Feb. 21)	Newton Campus, Quonset Hut Wednesdays, 12 - 1 pm (Feb. 28 - April 18)

Registration is required and space is limited. Yoga equipment will be supplied. Participation in more than one session will be subject to availability only.

Instructors: Michelle Gallotto, RYT (Carney) and Jennifer Cataldo, E-RYT & Reiki Master/Teacher (Quonset) **Register here:** [Yoga Across Campus Registration](#).

Chair Yoga

Sign your department up for a one-time appointment at your location. This class will combine breath work (pranayama) and gentle postures to release physical tension in the body and relax the mind all while being seated at your desk. All levels welcome. No experience necessary. Approval from the supervisor in your location is required. Minimum of 4 and a maximum of 10 participants.

By arrangement. Contact Jeannette Romeo (jeannette.romeo@bc.edu) to schedule an appointment.

Instructors: Hilary De Vries, RYT and Jeannette Romeo, RYT



Get details & registration information:
bc.edu/hr/employees/healthy-you

Half-Priced Programs

Class	Dates	Days	Time	Regular Member	HEALTHY YOU Rate
Small Group Training Programs					
Fit Club: Small Group Training	1/22 - 5/2	M/W/F	7:15 - 8:15 am	\$266	*see below
Synergy Circuit Training	1/16 - 2/22	T/Th	5:15 - 6:15 pm	\$84	\$42
Synergy Circuit Training	1/16 - 2/22	T/Th	12:00 - 1:00 pm	\$84	\$42
Fit Over 40	1/16 - 2/22	T/Th	7:00 - 8:00 am	\$84	\$42
Fit Over 40	1/17 - 2/26	M/W	12:00 - 1:00 pm	\$84	\$42
Intro to (Power)lifting	1/17 - 2/26	T/Th	12:00 - 1:00 pm	\$84	\$42
TRX & Kettlebells	1/17 - 2/26	M/W	5:00 - 6:00 pm	\$84	\$42
Women & Weights	1/17 - 2/26	M/W	7:00 - 8:00 am	\$84	\$42
Aquatics Programs					
Masters	1/17- 3/2	M/W/F	6:05 - 7:20 am	\$50	\$25
	1/17 - 2/28	M/W	6:05 - 7:20 pm		
Personal Training Programs					
Fit Club: Personal Training	1/22 - 5/2	M/W/F	7:15 - 8:15 am	\$950	*see below
Fit Club: Personal Training	1/22 - 5/2	M/W/F	12:00 - 1:00 pm	\$950	*see below
Instructional Programs					
Salsa Beginner	1/23 - 2/27	T	6:00 - 7:00 pm	\$42	\$21
Dance	1/23 - 2/27	T	7:00 - 8:00 pm	\$42	\$21
Beginner Karate	1/23 - 2/27	T	6:00 - 7:00 pm	\$42	\$21
Advanced Karate	1/23 - 2/27	T	7:00 - 8:00 pm	\$42	\$21
Beginner Ice Skating	1/29 - 2/26	M	7:00 - 8:00 pm	\$35	\$18
Adult Tennis: Beginner	1/22 - 2/26	M	8:00 - 9:00 pm	\$42	\$21
Adult Tennis: Intermediate	1/22 - 2/26	M	9:00 - 10:00 pm	\$42	\$21
Adult Tennis: Beginner	1/23 - 2/27	T	6:00 - 7:00pm	\$42	\$21
Adult Tennis: Intermediate	1/23 - 2/27	T	7:00 - 8:00pm	\$42	\$21

Start off the New Year by making your New Year's resolution a reality! Campus Recreation and HEALTHY YOU are pleased to offer spring 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!

***Members pay half price at the time of sign up for all courses, except Fit Club. Participants in the Fit Club programs (both small group training and personal training) will receive the 50% discount only if they attend at least 75% of the classes. They will be reimbursed at the end of the semester. Register at reconnect.bc.edu!**



Get details & registration information:
bc.edu/hr/employees/healthy-you