**SPRING SESSION I COURSES**
Registration for Spring Session I programs opens on Tuesday, December 1! We are offering many great programs, so make sure to sign up before they fill up! Courses include:
- Fit Club (Faculty/Staff)
- Synergy Circuit Training
- TRX Bootcamp
- Ultimate Strength & Conditioning
- TRX & Kettlebell Fusion: Charged
- Tennis (Beginner & Intermediate)
- Fit Over 40
- Salsa & Bachata
- Jiu-Jitsu (Beginner & Advanced)
- Master’s Swim

For course details and to register, visit [reconnect.bc.edu](http://reconnect.bc.edu).

**INTRAMURALS**
Registration for Phase III Intramurals opens at 5 pm on January 22 and closes Jan. 24.
Phase III includes:
- Waterball
- Basketball
- Indoor Soccer

For more information on Phase III & IV and upcoming tournaments, visit [bc.edu/rec/intramurals](http://bc.edu/rec/intramurals).

**BASKETBALL COURTS**
From Dec. 14 - 18, only courts 6 and 7 will be available. The basketball wing will be closed Dec. 19 - Jan. 11. Court 9 is being replaced with a wood court and 6, 7, and 8 are being resurfaced.

**LOCKERS**
Fall semester lockers must be renewed or cleaned out by December 13. Renewals begin on December 1. New spring half-sized lockers go on sale January 4.

**NEW SMALL GROUP TRAINING COURSE**
BC FitWomen CONDITIONING: ROW, RUN, REPS, REPEAT
BC undergraduate and graduate women, get ready to get sweaty as you row on the erg, run on the treadmill, and lift your reps. This cardio and strength total-body workout is challenging, but in all the right ways. All fitness levels welcome. No matter where you begin, you’ll end more fit!

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For course details and to register, visit [reconnect.bc.edu](http://reconnect.bc.edu).

**OUTDOOR ADVENTURE UPCOMING TRIPS**
This Spring we are offering various trips through our Outdoor Adventures program! Trips include:
- Snowshoeing
- Cross Country Skiing
- Ski Shuttle
- Sea Kayaking (Spring Break)
- Trail Running
- Rock Climbing
- Hiking
- Stand Up Paddleboarding

For specific dates, times, and more information, visit [bc.edu/rec](http://bc.edu/rec). To sign up for a trip, visit [reconnect.bc.edu](http://reconnect.bc.edu).

**HOLIDAY HOURS**
The Plex and Hut will have limited hours during the holidays. Detailed hours are available at [bc.edu/rec](http://bc.edu/rec).

**Plex**
- December 18 - January 15: Mon-Fri: 6 am - 8:45 pm
- Sat & Sun: 9 am - 5:45 pm

**Hut**