RUNDOWN

October 2015

INTRAMURALS PHASE II
Registration for Phase II Intramurals opens at 5 pm on Friday, Oct. 16 and closes at 11:30 pm on Sunday, Oct. 18.

Phase II includes:
- Basketball
- Ice Hockey
- Wallyball

For more information on Phase II & upcoming tournaments, visit bc.edu/rec/intramurals.

FALL PROGRAMS SESSION II
Register at reconnect.bc.edu for starting Oct. 1! Courses include:
- Swim Lessons
- Tennis Lessons
- Salsa
- Bachata
- Jiu-Jitsu
- Wilderness First Aid
- Youth Swim & Tennis Lessons
- Master’s Swim
- Small Group (see below!)

SMALL GROUP TRAINING
Ever wondered how to use those yellow hanging straps in the Fitness area? (That’s TRX, by the way!) How about learning how best to use the LifeFitness Synergy equipment? Join one of our small group training courses this fall and learn how to use new equipment and learn some great, new workouts! Courses include:
- TRX Bootcamp
- Fit Over 40
- Ultimate Strength & Conditioning
- Synergy Circuit Training
- TRX & Kettlebell Fusion: Charged
- TRX & Kettlebell Fusion: Sculpt

MEMBERSHIPS
We are offering monthly memberships to faculty/staff ($45/month) and graduate/exchange students ($40/month)! There is no sign up fee and no commitment. Monthly memberships can be purchased at any time and are active for 30 days from date of purchase.

To join, or for more information, please call (617) 552-0797 or stop by Member Services at the Plex. Learn more: bc.edu/rec/membership

PINK OUT THE PLEX
In honor of Breast Cancer Awareness Month, we are turning this Rundown pink and encouraging you to wear pink on October 16 for Pink out the Plex!

More information on events will be posted soon at bc.edu/rec.

BC FIT  BC ACTIVE  BC WELL

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