

BVCC ACTIVITIES SCHEDULE - SEPTEMBER 2025

DATE	MON	TUES	WED	THURS	FRI
8:00 AM	Fitness (MR)	Fitness (MR)	Fitness (MR)	Fitness (MR)	NO ACTIVITIES
8:30 AM	Upper Body	Stretching	Lower Body	Stretching	
9:00 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (MR) / Open Gym	
9:30 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (MR) / Open Gym	
10:00 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (MR) / Open Gym	
10:45 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (MR) / Open Gym	
11:00 AM	Open Gym	Chair Exercises (MR) / Open Gym	Open Gym	Chair Exercises (MR) / Open Gym	
11:30 AM	Open Gym	Beginner Cardio (MR) / Open Gym	Open Gym	Beginner Cardio (MR) / Open Gym	
12:00 PM	Open Gym	Open Gym	Pickleball	Open Gym	
12:30 PM	Open Gym	Open Gym	Pickleball	Open Gym	
1:00 PM	Pickleball	Pickleball	Pickleball	Pickleball	
1:30 PM	Pickleball	Pickleball	Pickleball	Pickleball	
2:00 PM	Pickleball	Pickleball	Closed to Public Closed to Public Closed to Public	Pickleball	
2:30 PM	Pickleball	Pickleball		Pickleball	
3:00 PM					
3:30 PM					
4:00 PM					
4:10 PM	Circuit (MR)*	Stretching (MR)	Circuit (MR)	Stretching (MR)	
4:30 PM	Intermediate Cardio (MR)*	Body Groove (MR)	Intermediate Cardio (MR)	Body Groove (MR)	
5:00 PM					
5:25 PM	Circuit (MR)*	Circuit (MR)		Circuit (MR)	
5:45 PM	Beginner Cardio (MR)*	Beginner Cardio (MR)		Beginner Cardio (MR)	
NOTICE:	*NO AFTERNOON CLASSES EVERY 4TH MONDAY OF THE MONTH FOR BOARD MEETING				

MR = MEETING ROOM (ENTER THROUGH THE SIDE DOOR)

NO ACTIVITIES ON SEPTEMBER 1, 2025 - CLOSED IN OBSERVANCE OF LABOR DAY