

BVCC ACTIVITIES SCHEDULE - MARCH 2026

DATE	MON	TUES	WED	THURS	FRI
8:00 AM	Lymphatic Exercises (GYM)	Lymphatic Exercises (GYM)	Lymphatic Exercises (GYM)	Lymphatic Exercises (GYM)	NO ACTIVITIES
8:15 AM	Fitness (GYM)	Fitness (GYM)	Fitness (GYM)	Fitness (GYM)	
8:45 AM	YOGA	Upper Body	Pilates	Lower Body	
9:00 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM) / Step Aerobics (MR)	Line Dancing (GYM)	
9:30 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	
10:00 AM	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	Line Dancing (GYM)	
10:30 AM	Walking in the Gym	Walking in the Gym	Walking in the Gym	Walking in the Gym	
11:00 AM	Open Gym - Basetball *NOTICE BELOW	Chair Exercises (MR) / Open Gym - Basketball	Open Gym - Basketball *NOTICE BELOW	Chair Exercises (MR) / Open Gym - Basketball	
11:30 AM	Open Gym - Basetball *NOTICE BELOW	Chair Cardio (MR) / Open Gym - Basketball	Open Gym - Basketball *NOTICE BELOW	Chair Exercises (MR) / Open Gym - Basketball	
12:00 PM	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Pickleball	Open Gym - Basketball *NOTICE BELOW	
12:30 PM	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Pickleball	Open Gym - Basketball *NOTICE BELOW	
1:00 PM	Pickleball	Pickleball	Pickleball	Pickleball	
1:30 PM	Pickleball	Pickleball	Pickleball	Pickleball	
2:00 PM	Pickleball	Pickleball	Closed to Public	Pickleball	
2:30 PM	Pickleball	Pickleball	Closed to Public	Pickleball	
3:00 PM	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Closed to Public	Open Gym - Basketball *NOTICE BELOW	
3:30 PM	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basketball *NOTICE BELOW	
4:10 PM	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basetball *NOTICE BELOW	Open Gym - Basketball *NOTICE BELOW	
4:30 PM	Japaneze Walking (GYM)	Walking Workout (GYM)	Japaneze Walking (GYM)	Walking Workout (GYM)	
5:15 PM	Circuit (GYM)	Circuit (GYM)	Step w/Weights (GYM)	Circuit (GYM)	
5:30 PM	Cardio Workout (GYM)	Step Intermediate (GYM)		Step Aerobics Intermediate (GYM)	
		CHAIR EXERCISES ARE FOCUSED ON THOSE WITH AILMENTS AND DISABILITIES SUCH AS PARKINSON'S		CHAIR EXERCISES ARE FOCUSED ON THOSE WITH AILMENTS AND DISABILITIES SUCH AS PARKINSON'S	

MR = MEETING ROOM

**PLEASE BRING YOUR OWN STEP TO STEP CLASSS IF YOU HAVE ONE.

NOTICE - OPEN GYM IS FOR INFORMAL FREE PLAY ONLY. NO TRAINING OR COACHING ALLOWED DURING OPEN GYM.

DEMENTIA CAREGIVER GROUP WILL MEET ON THE 10th and THE 24th from 4pm-5:30pm in the MEETING ROOM. PLEASE BRING YOUR LOVED ONE WITH YOU.

GRIEF SUPPORT GROUP WILL MEET EVERY THURSDAY AT 9am.