






Bookcliff Activity Center ~ 540 1/2 29 1/4 Road

Calendar Effective: May 1, 2008 ~ Descriptions on Reverse

For more information call (970) 254-3888

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:00 am							
8:00 - 8:30 am				Gentle Yoga 8:30 - 9:30			
8:30 - 9:00 am		Sit and Be Fit			Stretch & Tone		
9:00 - 9:30 am							
9:30 - 10:00 am		Colors & Shapes	Pilates 9:45 - 10:45am	Alphabet Express	Pilates 9:45 -	Science Sense	
10:00 - 10:30 am							
10:30 - 11:00 am			Mom & Me 10:45 - 11:45am	Music & Movement	Sit & Be Fit 10:45 - 11:45am		
11:00 - 11:30 am							
11:30am - Noon							
Noon - 12:30 pm				Cardio Sculpt		Core Conditioning	
12:30 - 1:00 pm							
1:00 - 1:30 pm							
1:30 - 2:00 pm	Jump into Activities at BAC						
2:00 - 2:30 pm							
2:30 - 3:00 pm							
3:00 - 3:30 pm							
3:30 - 4:00 pm							
4:00 - 4:30 pm							
4:30 - 5:00 pm							
5:00 - 5:30 pm							
5:30 - 6:00 pm							
6:00 - 6:30 pm		Cardio Sculpt	Yoga	Beginning Yogalates 5-6pm	Yoga-lates		
6:30 - 7:00 pm							
7:00 - 7:30 pm			Drop-in Sports 5:30 - 9:00pm	Body Sculpt 5:30 - 6:30 pm	Drop-in Sports 5:30 - 9:00pm		
7:30 - 8:00 pm							
8:00 - 8:30 pm							
8:30 - 9:00 pm				Yogalates			

Punch Pass Information:
12 Punch Pass: \$36
More punches available!

Daily Drop-In Fee: \$4

Special May Events:
May 9th
8th Grade Graduation Party



Coming in June
Dad & Daughter Date Night
Summer Sprout Camp begins

BAC WILL BE CLOSED
May 26th - June 6th
for floor refinishing.

Drop-in Program Descriptions ~ Effective May 1, 2008

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Fitness Programs
Body Sculpt
This strength training workout combines flexibility and cardiovascular conditioning using free weights and resistance training.
Cardio Sculpt
This easy on your joints, low impact aerobic workout includes cardiovascular and strength training. This is sure to get your heart pumping!
Core Conditioning
Core conditioning includes working the deep torso and spinal muscles that work in unison to control, balance, and strengthen the entire body. A strong core is essential for every aspect of life. Balancing and conditioning the core of the body is the primary focus.
Pilates
This exercise program will focus on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. Pilates teaches awareness of breath, alignment of the spine, and strengthens the deep torso muscles.
Sit and Be Fit
This chair based exercise class will provide low impact, range of motion exercise. The class will include strength, cardiovascular fitness, flexibility and of course fun!
Stretch and Tone
This low intensity, low impact class is perfect for those wanting an introductory fitness class. This class will focus on beginning weight training techniques and is sure to get you moving!
Yoga
Experience the benefits of yoga in one of the many offerings available to you. Yoga uses movement, breathing, posture, and relaxation in order to establish a healthy, lively, and balanced approach to life.
Yogalates
Combine the flexibility, meditative, and weight loss elements of Yoga with the muscle strengthening and toning of Pilates. This combination creates a strong, streamlined body, leaving you feeling taller, leaner, and with a strong sense of health and well being. Beginning Yogalates starting in May

RAP - Recreation Afterschool Program (Regular School Days ONLY)

Join us for fun activities including basketball, volleyball, dodgeball, wiffleball, floor hockey, homework help and fun games such as: Dance Dance Revolution, karaoke, board games, or card dueling! Snacks will be available for purchase. Students

Preschool Possibilities ~ Parental Supervision Required ~

Alphabet Express
This exciting play time will focus on arts and crafts projects and place a strong emphasis on getting connected with other
Colors & Shapes
Preschoolers can explore the world through the colors and shapes that surround them. This class focuses on different shapes, colors and the patterns they make through books, activities and songs. Ages 2 - 5.
Mom & Me
Check out this class that uses music, songs and games to help stimulate coordination, balance and flexibility skills with Mom, Dad, Grandma or Grandpa at the tot's side. Ages 18 months to 3 years.
Science Sense
Journey through the world around you in this story and song program that will focus on science based pre-school education. This will be a hands on class with opportunities to explore and create! Ages 2 - 5.
Music & Movement
Wiggle, bounce, sing, and move in this music, movement, and exploration class. Kids will have fun singing and dancing while developing social skills.