

The Wellness Center at



**Bowdoin Street
Health Center**

Regular Wellness Center Membership Prices:

BSHC Patients: \$10/year or \$20 for a family of 4

Non-Patients: \$15/year or \$25 for a family of 4

WELLNESS CENTER OPEN HOUSE

January 13th-17th

Join us for **FREE** exercise classes for teens/adults!

Mon 1/13	Tues 1/14	Wed 1/15	Thurs 1/16	Fri 1/17
Tai Chi 11am-12pm (1)	Weight Training 11:30am-12:30pm (3)		Tai Chi 11am-12pm Adv. 12PM-1pm Beg. (1)	Yoga 10am-11am (1)
HIIT 5:15pm-6pm (1)		Yoga 6pm-7pm (1)		Weight Training 11:30am-12:30pm (3)
Zumba 6:15pm-7:15pm (1)	Group Fitness 6pm-7pm (1)	HIIT 7:15pm-8pm (1)	Group Fitness 6pm-7pm (1)	

*** 1 = first floor, 3 = third floor**

**First 25 people to sign up for the Wellness Center
will receive a free water bottle!**

For additional information, contact Jen French:

617-754-0027, jlfrench@bidmc.harvard.edu

Beth Israel Lahey Health 
**Beth Israel Deaconess
Medical Center**