The Wellness Center at

Bowdoin Street Health Center

Wellness within reach.

Beth Israel Deaconess Medical Center | HARVARD MEDICAL SCHOOL TEACHING HOSPITAL

For Additional Information, Contact:
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(1) = 1st Floor
(3) = 3rd Floor

MAY 2019

Wellness Center Drop-In Activities (Adults/Teens, Seniors)

SUN	MON	TUE	WED	THU	FRI	SAT
			Yoga 6:00-7:00p (3) HIIT (1) 7:15-7:45p 8-8:30p 1	Tai Chi (1) 11a-12p Adv. 12-1p Beginner Group Fitness 6:00-7:00p (1) 2	Yoga 10-11a (1) Weight Training 11:30a-12:30p (3) 3	4
5	Tai Chi 11a-12p (1) Zumba 6:15-7:15p (1) 6	Weight Training 11:30a-12:30p (3) Group Fitness 6:00-7:00p (1) 7	Yoga 6:00-7:00p (3) HIIT (1) 7:15-7:45p 8-8:30p 8	Tai Chi (1) 11a-12p Adv. 12-1p Beginner Group Fitness 6:00-7:00p (1) 9	Yoga 10-11a (1) Weight Training 11:30a-12:30p (3) 10	11
12	Tai Chi 11a-12p (1) Zumba 6:15-7:15p (1) 13	Weight Training 11:30a-12:30p (3) Group Fitness 6:00-7:00p (1) 14	Yoga 6:00-7:00p (3) HIIT (1) 7:15-7:45p 8-8:30p 15	Tai Chi (1) 11a-12p Adv. 12-1p Beginner Group Fitness 6:00-7:00p (1) 16	Yoga 10-11a (1) Weight Training 11:30a-12:30p (3) 17	18
19	Tai Chi 11a-12p (1) Zumba 6:15-7:15p (1) 20	Weight Training 11:30a-12:30p (3) Group Fitness 6:00-7:00p (1) 21	Yoga 6:00-7:00p (1) HIIT (1) 7:15-7:45p 8-8:30p 22	Tai Chi (1) 11a-12p Adv. 12-1p Beginner Group Fitness 6:00-7:00p (1) 23	Yoga 10-11a (1) Weight Training 11:30a-12:30p (3) 24	25
26	HOLIDAY No Classes 27	Weight Training 11:30a-12:30p (3) Group Fitness 6:00-7:00p (1) 28	Yoga 6:00-7:00p (1) HIIT (1) 7:15-7:45p 8-8:30p 29	Tai Chi (1) 11a-12p Adv. 12-1p Beginner Group Fitness 6:00-7:00p (1) 30	Yoga 10-11a (1) Weight Training 11:30a-12:30p (3) 31	