



# UBC Health and Fitness Ministry

## Scheduled Activities

April 7<sup>th</sup> – June 30<sup>th</sup> 2018



- April 7<sup>th</sup> Line Dancing
- April 14<sup>th</sup> Cardio & Core (weights & mat)
- April 21<sup>st</sup> Jazz Aerobics
- April 28<sup>th</sup> Zumba
- May 5<sup>th</sup> Total Body Conditioning (weights & mat)
- May 12<sup>th</sup> Barre workout
- May 19<sup>th</sup> H&F Annual Fundraising Walk for UBC  
**(Kensico Dam Registration at 8:30am /Walk starts at 9:00am)**
- May 26<sup>th</sup> Memorial Day weekend (No Class)
- June 2<sup>nd</sup> Liturgical Dance
- June 9<sup>th</sup> Walk (begins at the Kensico Dam)
- June 16<sup>th</sup> Sculpt
- June 23<sup>rd</sup> Cardio Kickboxing (weights & mat)
- June 30<sup>th</sup> Walk (begins at the Kensico Dam)

*Theodore D. Young Community Center ~ 32 Manhattan Ave, White Plains, NY*  
***Time: 7:45am – 8:45am***