Overview of Fall 2018 (and beyond) Blue Cross Love 2 Live Programing

Courses Offered for Blue Cross Love2Live Continuing Clients:

Blue Cross Love2Live Group Conditioning

Group conditioning is the course that has historically been offered to our clients. It includes a group warm-up, supervised time for individuals to work on their programs, a group session focused on a particular element of fitness, and a group cool-down.

Fall Semester

Section 1a: MWF - September 5 through December 21 - 8:00 am (45 classes) Cost: $225.00
Section 1b: MWF – September 5 through November 30 – 8:00 am (37 classes) Cost: $185.00
Section 2: MWF – September 5 through December 21 - 9:00 am (45 classes) Cost: $225.00
Section 3: MWF - September 5 through December 21 - 10:00 am (45 classes) Cost: $225.00

Winter Semester

Section 1a: MWF - January 5 through April 29 - 8:00 am (49 classes) Cost: $245.00
Section 1b: MWF – February 4 through April 29 – 8:00 am (36 classes) Cost: $180.00
Section 2: MWF – January 5 through April 29 - 9:00 am (49 classes) Cost: $245.00
Section 3: MWF - January 5 through April 29 - 10:00 am (49 classes) Cost: $245.00

Spring & Summer Semesters

TBD

Blue Cross Love2Live Water in Motion

Blue Cross Love2Live Water in Motion is an aqua exercise workout that provides a low impact, high energy challenge for participants of all ages, skill and fitness levels. This class focuses on joint flexibility, strength, and endurance. This class is great for beginners or anyone who wants to focus on a gentle practice.

Fall Semester

Section 1: Love2Live Water Tuesdays - Tuesdays, Sept 11-Nov 27 10:45-11:25am (12 classes)
Section 2: Love2Live Water Thursdays – Thursdays, Sept 13-Dec 6 10:45-11:25am (12 classes)

- Cost for Section 1 or 2: $60 (or $5/class)
- Minimum 12 participants (Maximum - 25)

Winter Semester

TBD
Blue Cross Love2Live Ageless Grace®

The Blue Cross Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. The movements used in this program are spontaneous and organic, with no need to learn any special choreography in attempt to promote the ‘Three R’s’ of Ageless Grace®: the ability to respond, react, and recover.

Fall Semester

Blue Cross Love2Live Ageless Grace - Tuesdays, Sep 11- Nov 27, 9-9:30am - Dance Studio (12 classes)

- Class Cost- $60 (or $5/class)
- Minimum participants: 8 (Maximum - 18)

Winter Semester

TBD

Blue Cross Love2Live Chair Yoga

The Blue Cross L2L Chair Yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. This style of yoga is great for beginners or anyone who wants to focus on a gentle practice.

Fall Semester

Blue Cross Love2Live Chair Yoga- Fridays, Sept 14-Dec 7, 1:05- 1:55pm (12 classes) – Location TDA

- Class Cost - $60 (or $5/class)
- Minimum 8 participants (Maximum=18)

Winter Semester

TBD