Instructional Classes this Fall

Bachata Tuesdays
Starts Sept 18th - 6:30pm - 7:30pm
Dance with high energy music!

Beaconville Beginner
Weightlifting Mondays
Starts Sept 17th - 11am-12pm
or by appointment.
Learn how to use weights!

Taekwondo Mondays
Starts Sept 17th - 2-3pm
Learn self-defense and self-discipline!

Only 12 slots available. Register here.
https://tinyurl.com/UMBinstructional
ALL CLASSES HELD AT BEACON FITNESS CENTER
Questions?
Contact Manager of Fitness and Wellness
Richard.Rosenblum@umb.edu
We are pleased to announce three new instructional fitness classes for Fall 2018. Bachata, Taekwondo, Beaconville Beginner Weightlifting. Only 12 slots available for each. Register here. https://tinyurl.com/UMBinstructional

Instructional Class descriptions

**Bachata** Tuesdays starting Sept 18th BFC 6:30pm. Our passionate instructors Victory and Yasmim will coach you through this Dominican style dance with high energy music. No partner is necessary to register and the moves you learn will help you feel more comfortable on the dance floor on your own. Bring openness and eagerness to class.

**Taekwondo**, Mondays starting Sept 17th BFC 2-3pm Join is an art of self-defense techniques. This class will focus on teaching self-defense, self-discipline physical fitness, and mental clarity. Our amazing and experienced instructor, Savitha Rajamani, will teach the class based on Gen. Choi Hong Hi principles.

**Beaconville Beginner Weightlifting** Monday starting Sept 17th BFC 11am-12am or by appointment. Learn perfect technique and tools to gain muscular strength. If you’re eager to learn how to use weights than look no further. No more negative self-talk, intimidation, and excuses. If you REALLY want your body to feel better (and to last you longer), we’ll teach you how to do that! *Meets at BFC front desk

Classes are free of charge as a member of the Beacon Fitness Center. Classes are capped at 12 people. Questions? contact Manager of Fitness and Wellness Richard.Rosenblum@umb.edu