

EXERCISE & SPORTS

FREE! FITNESS IN THE PARK

Join us at Veteran's Memorial Park, across from the Beverly Post Office, for a six-week series of fun and invigorating classes sponsored by the Beverly Athletic Club and Beverly Recreation. These classes are free for the community so grab your sneakers, water and a friend and enjoy some great exercise in wonderful downtown Beverly!

WEDNESDAY, SEPTEMBER 12, 5:30PM - ZUMBA

The class that started the dance-fitness revolution and changed the way we look at "workout" forever! Dance to great music, with great people and burn a ton of calories without even realizing it! It's fun, effective and best of all, made for everyone!

WEDNESDAY SEPTEMBER 19, 5:30PM - YOGA

Experience a yoga flow linking breath and mindful movement. Develop strength, balance and flexibility and leave feeling refreshed, calm and relaxed. All levels welcome. *Mat or towel suggested.

WEDS. SEPTEMBER 26, 5:30PM - SOUL P.H.I.I.T.

Burn more calories in less time with this fun, challenging workout! Core and cardio come together in this interval format for the ultimate strengthening and conditioning workout. Lower intensity options offered, all levels welcome. *Mat/towel suggested.

WEDS. OCTOBER 3, 5:30PM -BAC BOOTCAMP

Fun and Challenging "Bootcamp Style" workout focusing on mostly bodyweight exercises and calisthenics. All levels welcome! This class is taught by our own Marine Veteran, Devin Harper!

WEDNESDAY, OCTOBER 10, 5:30PM - BAC CORE

This core class will focus on proper form and total body engagement to create a strong foundation. Get the most out of your core exercises with this.

WEDNESDAY OCTOBER 17, 5:30PM - BAC H.I.I.T.

Get your heart pumping and the calories burning with this High Intensity Interval Training! Timed bursts of cardio followed by short periods of rest will get you in condition fast! It's the most efficient way to burn calories and body fat! For all levels.

Online Career Training Programs

Online Learning Anytime, Anywhere...Just a click away!

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

Pharmacy Technician

This nationally recognized Pharmacy Technician online course and training program teaches the skills needed to gain employment as a Pharmacy Tech in either the hospital or retail setting.

Medical Coding and Billing

Upon successful completion of the Medical Billing and Coding course, students will be prepared for an entry-level position doing medical billing or coding in a medical office setting.

Medical Transcription

This nationally recognized medical transcription online course and training program prepares you to start a new career as a medical transcriptionist.

Six Sigma Black Belt

Course material provides an in-depth look at the Six Sigma Black Belt DMAIC problem-solving methodology, as well as deployment and project development approaches.

Freight Broker/Agent Training

Learn the skills to be a successful Freight - Load Broker Agent. Tutorials and projects will teach you the practical application of Freight Broker skills.

AutoCAD 2015 Certified User

In this program you will learn basic and advanced 2D functionality for AutoCAD 2015 and prepare for certification.

Veterinary Assistant

Prepare for an exciting new career as an administrative veterinary assistant. Students in the program learn about the care of animals as well as how to recognize signs of illness and disease. This online program also covers interpersonal communication, interaction with clients and their animals, as well as how to assist the veterinarian during examinations. And much more!

Paralegal

This program will prepare you to be successful in the fast growing paralegal career field. The paralegal training program includes free access to the official NALA Campus certification exam prep and Westlaw.

Project Management

This program will provide you with a solid introduction to the understanding of project management and help you comply with the minimum 35 hours of training as required by the Project Management Institute (PMI) before you take the Project Management Professional (PM) exam.

More programs are available in the following areas:

- Business and Professional
- Healthcare and Fitness
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial
- IT and Software Development



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