

Bobby Valentine Health & Recreation Center Newsletter



Thanksgiving Hours

Tuesday, November 26th 6 AM – 10 PM

Wednesday, November 27th 8 AM – 1 PM

Nov. 28th – December 1st CLOSED

Monday, December 2nd Reopen

Come Support Club Sports

Friday, November 22nd Ice Hockey (A) vs Bryant University 8:00 PM

Saturday, November 23rd Ice Hockey (A) vs Keene State 8:00 PM



Wonderland of Ice Bridgeport, CT

Work Out of the Week Upper Body:

3 sets of 10 reps

- Lat Pulldown

- Cable Row
- Chest press machine
- Shoulder press machine
- Triceps pushdown

Lower Body:

3 sets of 10 reps

- Leg press/seated leg
- Extension (curl)
- Hamstring curl
- Hip abductor – adductor
- Standing calf raise



WoW Stands for our workouts of the week

These workouts are created by our exercise science students who come to the BVC for their clinical rotations to get field experience in recreational fitness. During their rotation they shadow Christopher Cofrancesco, who is a Graduate Assistant at the BVC & a student in the Masters of Exercise Science & Nutrition program here at Sacred Heart.