

TUESDAY, MARCH 2<sup>ND</sup>, 2021

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Cardio Workout	Check out this 15-minute total core/ab workout with Madfit. You can do this at home with no equipment.  <a href="#">Click Here</a>
<b>Arts</b>	Get Crafty! Arts	Sitting at home all day can cause back pain. Here are exercises you can do at home, without equipment, to strengthen your back.  <a href="#">Click Here</a>
<b>Stem</b>	DIY Science	Do you want to trick friends and visitors with an amazing optical illusion? In this engineering design project you will learn how to build an infinity mirror, with built-in lights that make the mirror look like a deep tunnel with no end. Pick the mirror up and look behind it, and you will see that it is only a couple of inches thick! Read this project to find out not only how this illusion works, but how to design and build your very own infinity mirror from scratch.  <a href="#">Click Here</a>