

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**  
**WEDNESDAY, MARCH 3RD, 2021**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Recreation workout	Here's a no-equipment workout you can do right at home. This workout focuses on your cardio and will target your heart rate in order to get the most out of the workout. Go at your own pace, but make sure to push yourself. <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Health & Motivation	We all need a little encouragement every now and then. Kid president is here for you to set you in the right direction. You have just been pepped talked! <a href="#">Click Here</a>
<b>Leadership</b>	Leadership	It is important to know how to speak with intention so that people will listen. Watch this video to learn how to do so. *Hit "Skip Ad" to continue with the video. <a href="#">Click Here</a>