

Bay Athletic Club presents...

# TRAINING CAMP

*Coached by:*

*Casey Stutzman, Head Trainer,*

*Bay Athletic Club*

Release your

inner athlete!

Take your fitness to a new level. Spice up your workouts with a team. Training Camp features two weeks of athletic workouts, based on 8 sports.

Speed and agility drills, strength training and cardio endurance.

No sport background required, just willingness to work hard and get results.

\$50.00 members/\$75.00 nonmembers

**November 3rd-14th**

**6 a.m.**

**M/T/R/F**

**For more information call**

**989.356.5600**

