

Bay Athletic Club July 2011 Group Exercise Schedule *Also Available Online*

For more information: www.BayAthleticClub.com or 989.356.5600. Be our friend on FACEBOOK: www.facebook.com/bayathleticclub

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>BAC Hours: Mon-Thurs. 5:30a-8:30p Fri: 5:30a-7:30p Sat: 7:30a-4:00p Sun: 11am-5:00pm</p>	<p>BAC Jungle Gym Hours Cost: \$2/child *Pre sign up required</p> <p>M -8-11a, 4-6:30p T- 8-11a W- 8-11a, 4:30-7p Th -8-11a, 5-7p F - 8 – 10a. Kids Class @ 10a</p>	<p>Happenings at BAC :</p> <ul style="list-style-type: none"> • BAC Turbo Party – Monday July 4th at Bay Urban • New Classes: Fat Blasting Circuits and Simply Fit • 10 Day Fat Blasting Boot Camp- July 18th – 28th • 10 Day Turbo Boot Camp – July 25th – Aug 4th • Urban Training Camps – July 10th and 24th • July 16th –Tai Chi at Starlight Beach with Sarah J. • July 22nd – Yoga on Starlight Beach with Dez. 		<p>6:00 Sculpt/PiYo (Amy) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Tracie) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Sarah) 5:30 Turbo Kick (Ami)</p> <p style="text-align: right;">1</p>	<p>8:00 Aqua Fit (Casey) 8:30 Step (Cindy) 9:30 Sculpt (Trina) NO 10:30 class today!</p> <p>9am – Dork Brothers 4th of July 5K</p> <p style="text-align: right;">2</p> <p style="text-align: right;">No Urban Mix Today! 3</p>
<p>Happy 4th of July!</p> <p>Club Open: 7:30-1pm 9am – Turbo Party @ Bay Urban Featuring BAC Turbo Instructors and Jenelle Summers BAC Members FREE \$5/ Non-Members</p> <p style="text-align: right;">4</p>	<p>6:00 IntensiSHE (Jackie) 7:30 Yoga (Kelly) 8:45 Cycle Express (Tracie) 9:30 Sculpt (Tracie) 12:15 Power Yoga (Laura) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Sue) 6:30 Sculpt (Sue) 7:30 Cycle Express (Dorothy)</p> <p style="text-align: right;">5</p>	<p>6:00 Turbo Kick (Tracie) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Express (Cindy) 10:00 Yoga Express (Kelly) 12:15 Pilates Express (Trina) 4:30 Pilates (Amy) NEW: 3:30 Fat Blasting Circuits (Cathy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Sarah J.)</p> <p style="text-align: right;">6</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) NEW: 10:15 Simply Fit (Bernadette) 12:15 Just Abs! (Kelly) EXPRESS LINE UP 4:00 Lower Body Express (Jackie) 4:30 Fat Blasting Express (Jackie) 5:00 Abs Express (Sara L.) 5:30 Cycle Express (Sara L.) 6:00 Sculpt Express (Sara L.) 6:30 Zumba Express (Lauren) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">7</p>	<p>6:00 Sculpt/PiYo (Amy) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Ami) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Lauren) 5:30 Turbo Kick (Sarah)</p> <p style="text-align: right;">8</p>	<p>8:00 Aqua Fit (Mark) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Rexann)</p> <p style="text-align: right;">9</p> <p style="text-align: right;">12pm – FREE IDEA Clinic. Zumba Technique (Sarah)</p> <p>5pm *Urban Mix at Bay Urban 6pm – Training Camp Kickoff!</p> <p style="text-align: right;">10</p>
<p>6:00 Fat Blasting Intervals (Jamie) 9:00 Zumba (Sarah) 12:15 Sculpt Express (Kelly) 4:15 Fat Blasting Circuits (Kelly) 5:00 Abs Express (Trina) 5:30 Turbo Kick (Trina) 6:30 Yoga (Jean)</p> <p style="text-align: right;">11</p>	<p>6:00 IntensiSHE (Sara L.) 7:30 Yoga (Kelly) 8:45 Cycle Express (Tracie) 9:30 Sculpt (Tracie) 12:15 Power Yoga (Laura) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Dorothy) 6:30 Sculpt (Amy) 7:30 Cycle Express (Sara L.)</p> <p style="text-align: right;">12</p>	<p>6:00 Turbo Kick (Sarah) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Express (Cindy) 10:00 Yoga Express (Amy) 12:15 Pilates Express (Jean) 3:30 Fat Blasting Circuits (Cathy) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Sarah J.)</p> <p style="text-align: right;">13</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:15 Simply Fit (Bernadette) 12:15 Just Abs! (Kelly) EXPRESS LINE UP 4:00 Lower Body Express (Jackie) 4:30 Fat Blasting Express (Jackie) 5:00 Abs Express (Sara L.) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Dorothy) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">14</p>	<p>6:00 Sculpt/PiYo (Amy) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Cindy) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Lauren) 5:30 Turbo Kick (Christine)</p> <p style="text-align: right;">15</p>	<p>8:00 Aqua Fit (Christine) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Lauren) Special Event: 12p: Tai Chi (Sarah J.) Starlight Beach</p> <p style="text-align: right;">16</p> <p style="text-align: right;">5pm *Urban Mix @ Bay Urban</p> <p style="text-align: right;">17</p>
<p>6:00 Fat Blasting Intervals (Jamie) 9:00 Zumba (Lauren) 12:15 Sculpt Express (Kelly) 4:15 Fat Blasting Circuits (Kelly) 5:00 Abs Express (Trina) 5:30 Turbo Kick (Trina) 6:30 Yoga (Jean)</p> <p>7:30pm – 10 Day Fat Blasting Boot Camp Kick off! 10 days of outdoor fun!</p> <p style="text-align: right;">18</p>	<p>6:00 IntensiSHE (Jackie) 7:30 Yoga (Sarah J.) 8:45 Cycle Express (Tracie) 9:30 Sculpt (Tracie) 12:15 Power Yoga (Laura) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Sara L.) 6:30 Sculpt (Rexann) 7:30 Cycle Express (Dorothy)</p> <p style="text-align: right;">19</p>	<p>6:00 Turbo Kick (Tracie) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Express (Cindy) 10:00 Yoga Express (Kelly) 12:15 Pilates Express (Trina) 3:30 Fat Blasting Circuits (Nicki) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Sarah J.)</p> <p style="text-align: right;">20</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:15 Simply Fit (Bernadette) 12:15 Just Abs! (Kelly) EXPRESS LINE UP 4:00 Lower Body Express (Jackie) 4:30 Fat Blasting Express (Jackie) 5:00 Abs Express (Jackie.) 5:30 Cycle Express (Jamie.) 6:00 Sculpt Express (Jamie.) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">21</p>	<p>6:00 Sculpt/PiYo (Amy) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Ami) 10:00 Kid Creative Movement (Anna) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo Kick (Christine) Special Event: 7pm – Yoga @ Starlite Beach.(Dez) Relay for Life Fundraiser. Donations accepted. Bring your own mat/towel.</p> <p style="text-align: right;">22</p>	<p>8:00 Aqua Fit (Mark) 8:30 Step (Jenya) 9:30 Sculpt (Amy) 10:30 Beachbody (Jamie)</p> <p style="text-align: right;">23</p> <p style="text-align: right;">5pm *Urban Mix @ Bay Urban</p> <p>6pm – Training Camp Kickoff!</p> <p style="text-align: right;">24</p>
<p>6:00 Fat Blasting Intervals (Jamie) 9:00 Zumba (Sarah) 12:15 Sculpt Express (Kelly) 4:15 Fat Blasting Circuits (Kelly) 5:00 Abs Express (Trina) 5:30 Turbo Kick (Trina) 5:30pm 10 Day Turbo Boot Camp Kickoff! 6:30 Yoga (Jean)</p> <p style="text-align: right;">25</p>	<p>6:00 IntensiSHE (Sara L.) 7:30 Yoga (Kelly) 8:45 Cycle Express (Tracie) 9:30 Sculpt (Tracie) 12:15 Power Yoga (Laura) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Jamie) 6:30 Sculpt (Amy) 7:30 Cycle Express (Sara L.)</p> <p style="text-align: right;">26</p>	<p>6:00 Turbo Kick (Tracie) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Express (Cindy) 10:00 Yoga Express (Amy) 12:15 Pilates Express (Jean) 3:30 Fat Blasting Circuits (Nicki) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Sarah J.)</p> <p style="text-align: right;">27</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:15 Simply Fit (Bernadette) 12:15 Just Abs! (Kelly) EXPRESS LINE UP 4:00 Lower Body Express (Jackie) 4:30 Fat Blasting Express (Jackie) 5:00 Abs Express (Sara L.) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Dorothy) 6:30 Zumba Express (Lauren) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">28</p>	<p>6:00 Sculpt/PiYo (Amy) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Cindy) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Harry) 4:30 Zumba (Lauren) 5:30 Turbo Kick (Ami)</p> <p style="text-align: right;">29</p>	<p>8:00 Aqua Fit (Christine) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Rexann)</p> <p style="text-align: right;">30</p> <p style="text-align: right;">5pm *Urban Mix @ Bay Urban</p> <p style="text-align: right;">31</p>