

Bay Athletic Club June 2010 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
	6:00 IntensiSHE (Kelly) 7:30 Yoga (Kelly) 8:45 Power and Grace (Laura) 9:30 Sculpt (Tracie) 12:15 Fitness Yoga (Laura) 3:45 Lower Body Express (Laura) 4:45 Step (Jenya) 5:30 Love to Hate Cycle (Tracie) 6:30 Sculpt (Jenya)	6:00 Turbo Kick (Rexann) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Intervals (Cindy) 12:15 Pilates Express (Trina) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Amy)	6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Dorothy) EXPRESS LINE UP 5:00 Abs Express (Tracie) 5:30 Cycle Express (Trina) 6:00 Sculpt Express (Lisa) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)	6:00 Sculpt/PiYo (Rexann) 7:30 Yoga (Kelly) NEW: 9:00 Turbo Kick Basic (Tracie) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo Kick (Sarah)	8:00 Aqua Fit (Christine) 8:30 Step (Jenya) 9:30 Sculpt (Rexann) 10:30 Zumba (Rexann)
1	2	3	4	5	
NEW: 6:00 Fat Blasting Intervals (Trina) NEW: 7:30 Cycle (Rose) 9:00 Zumba (Sarah) 12:15 Sculpt Express (Kelly) 4:15 Fat Blasting Circuits (Kelly) 5:00 Just ABS! (Trina) 5:30 Turbo Kick (Trina) 6:30 Yoga (Jean)	6:00 BEACHBODY @ Starlite Beach (Tracie) KICKOFF TO SUMMER! 6:00 IntensiSHE (Kelly) 7:30 Yoga (Kelly) 8:45 Power and Grace (Laura) 9:30 Sculpt (Laura) 12:15 Fitness Yoga (Laura) 3:45 Lower Body Express (Amy) 4:45 Step (Jenya) 5:30 Love to Hate Cycle (Tracie) 6:30 Sculpt (Amy)	6:00 Turbo Kick (Rexann) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Intervals (Cindy) 12:15 Pilates Express (Jean) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Amy)	6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Courtney) EXPRESS LINE UP 5:00 Abs Express (Dorothy) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Rexann) 6:30 Zumba Express (Rexann) 7:00 Turbo Express (Marcy)	6:00 Sculpt/PiYo (Rexann) 9:00 Yoga (Kelly) 9:00 Turbo Kick Basic (Cindy) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo Kick (Sarah)	8:00 NO AQUA FIT TODAY! Boot Camp Kickoff at Plaza Pool! 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Beachbody (Tracie) 3 week BAC Boot Camp Begins! Sign up at front desk. \$75/members, \$95 non-members
7	8	9	10	11	12
6:00 Fat Blasting Intervals (Sarah and Jamie) 7:30 Cycle (Rose) 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)	6:00 IntensiSHE (Kelly) 7:30 Yoga (Kelly) 8:45 Power and Grace (Laura) 9:30 Sculpt (Laura) 12:15 Fitness Yoga (Laura) 3:45 Lower Body Express (Amy) 4:45 Step (Jenya) 5:30 Love to Hate Cycle (Dorothy) 6:30 Sculpt (Amy)	6:00 Turbo Kick (Rexann) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Intervals (Cindy) 12:15 Pilates Express (Trina) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Amy)	6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Dorothy) EXPRESS LINE UP 5:00 Abs Express (Tracie) 5:30 Cycle Express (Trina) 6:00 Sculpt Express (Trina) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)	6:00 Sculpt/PiYo (Rexann) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Tracie) 10:00 Kid Creative Movement (Monica) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo (Sarah) 6:15 Hip Hop Express (Maggie)	8:00 Aqua Fit (Christine) 8:30 Step (Cindy) 9:30 Sculpt (Trina) 10:30 Zumba (Rexann)
14	15	16	17	18	19
6:00 Fat Blasting Intervals (Trina) 7:30 Cycle (Rose) 9:00 Zumba (Rexann) 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)	6:00 BEACHBODY @ Starlite Beach (Tracie) KICKOFF TO SUMMER! 6:00 IntensiSHE (Kelly) 7:30 Yoga (Kelly) 8:45 Power and Grace (Laura) 9:30 Sculpt (Tracie) 12:15 Fitness Yoga (Laura) 3:45 Lower Body Express (Amy) 4:45 Step (Jenya) 5:30 Love to Hate Cycle (Trina) 6:30 Sculpt (Amy)	6:00 Turbo (Rexann) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Intervals (Cindy) 12:15 Pilates Express (Jean) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Amy)	6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Dorothy) EXPRESS LINE UP 5:00 Abs Express (Dorothy) 5:30 Cycle Express (Tracie) 6:00 Sculpt Express (Amy) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)	6:00 Sculpt/PiYo (Rexann) 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 (Christine)	8:00 Aqua Fit (Casey) 8:30 – 10:30 GROUP eXtravaganza!
21	22	23	24	25	26
6:00 Fat Blasting Intervals (Sarah and Jamie) 7:30 Cycle (Rose) 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)	6:00 IntensiSHE (Kelly) 7:30 Yoga (Kelly) 8:45 Power and Grace (Laura) 9:30 Sculpt (Tracie) 12:15 Fitness Yoga (Laura) 3:45 Lower Body Express (Amy) 4:45 Step (Jenya) 5:30 Love to Hate Cycle (Tracie) 6:30 Sculpt (Amy)	6:00 Turbo (Rexann) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Intervals (Cindy) 12:15 Pilates Express (Trina) 4:30 Pilates (Amy) 5:30 Turbo Kick (Jean) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Amy)	BAC Jungle Gym Available Hours Cost: \$2/child *Pre sign up required Monday 8:30 -10:30 and 4:30 - 6:30 Tuesday 8:30 – 10:30 Wednesday 8:30 – 10:30 Thursday 8:30 – 10:30 Friday 8:30 – 10 (Kids class 10-10:45)		BAC Hours: Mon-Thurs. 5:30a-8:30p Fri: 5:30a-7:30p Sat: 7:30a-4:00p Sun: noon-5:00p
28	29	30			