

Bay Athletic Club February 2012 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>6:00 Turbo Kick (Amanda) 9:00 Fat Blasting Circuits (Cindy) 10:00 Yoga Express (Cindy) 12:15 Pilates Express (Nicki) 3:30 Fat Blasting Circuits (Cathy) 4:30 Pilates (Jean) 5:30 Turbo Kick (Marcy) 6:20 Fat Blasting Intervals (Jackie) 7:00 Yoga (Jean)</p>	<p>6:00 Beachbody (Mark) 9:00 Step/Sculpt (Cindy) 10:15 Simply Fit (Bernadette) 12:15 BOSU/TRX (Nicki) EXPRESS LINE UP 4:00 Lower Body Express (Lisa) 4:30 Fat Blasting Express (Lisa) 5:00 Abs Express (Nicki) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Dorothy) <i>*Special One Week Class</i> 6:30 Fat Blast Circuit Express (Jackie) 7:00 Turbo Express (Marcy)</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 Power Yoga (Kelly) 5:00 Zumba Express (Rexann) 5:30 Turbo Kick Express (Rexann)</p>	<p>7:45 Cycle Express (Terri) 8:00 Aqua Fit – Plaza Pool (Mark) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Rexann) 4 _____ 5pm Urban Mix at Bay Urban \$5 BAC members, \$10/Non-members</p>
<p>6:00 Fat Blasting Intervals (Mark) <i>*Special One Week Class!</i> 9:00 Balletone (Lara) 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>6:00 Cardio Circuits (Jackie) 7:30 Yoga (Kelly) 9:00 Sculpt PiYo (Tracie) 10:15 Simply Fit (Bernadette) 12:15 Just Abs (Nicki) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Jackie) 6:30 Sculpt/PiYo (Amy)</p>	<p>6:00 Turbo Kick (Tracie) 9:00 Fat Blasting Circuits (Cindy) 10:00 Yoga Express (Amy) 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>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:15 Simply Fit (Bernadette) 12:15 BOSU/TRX (Casey) EXPRESS LINE UP 4:00 Lower Body Express (Jackie) 4:30 Fat Blasting Express (Jackie) 5:00 Abs Express (Kelly) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Dorothy) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</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 Power Yoga (Kelly) 5:00 Zumba Express (Rexann) 5:30 Turbo Kick Express (Amanda)</p>	<p>7:45 Cycle Express (Terri) 8:00 Aqua Fit – Plaza Pool (Christine) 8:30 Step (Jenya) 9:30 Sculpt (Jenya) 10:30 Zumba (Rexann) 11 _____ 12p – FREE Idea’s Clinic! Find your CENTER (Lara). Sign up at front desk. 5p Urban Mix @ Bay Urban \$5 BAC members, \$10/Non-members</p>
6	7	8	9	10	12
<p>6:00 Fat Blasting Intervals (Mark) 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>6:00 Cardio Circuits (Jackie) 7:30 Yoga (Kelly) 9:00 Sculpt PiYo (Tracie) 10:15 Simply Fit (Bernadette) 12:15 Just Abs (Nicki) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Tracie) 6:30 Sculpt PiYo (Amy)</p>	<p>6:00 Turbo Kick (Sarah) 9:00 Fat Blasting Circuits (Cindy) 10:00 Yoga Express (Kelly) 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 Couples Yoga (Sarah J.) *Sign up at front desk!*</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Tracie) 10:15 Simply Fit (Bernadette) 12:15 BOSU/TRX (Casey) EXPRESS LINE UP 4:00 Lower Body Express (Jackie) 4:30 Fat Blasting Express (Jackie) 5:00 Abs Express (Nicki) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Dorothy) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</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 Power Yoga (Kelly) 5:00 Zumba Express (Rexann) 5:30 Turbo Kick Express (Rexann)</p>	<p>7:45 Cycle Express (Terri) 8:00 Aqua Fit – Plaza Pool (Mark) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Rexann) 18 _____ 12p – FREE Turbo Kick Clinic! (Sara Z.) Sign up at front desk 5p Urban Mix @ Bay Urban \$5 BAC members, \$10/Non-members</p>
13	14	15	16	17	19
<p>6:00 Fat Blasting Intervals (Mark) 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) 7:30 10 Day Fat Blasting Boot Camp Kickoff! Sign up at Front Desk!</p>	<p>6:00 Cardio Circuits (Jackie) 7:30 Yoga (Kelly) 9:00 Sculpt PiYo (Tracie) 10:15 Simply Fit (Bernadette) 12:15 Just Abs (Nicki) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Jackie) 6:30 Sculpt PiYo (Amy)</p>	<p>6:00 Turbo Kick (Tracie) 9:00 Fat Blasting Circuits (Cindy) 10:00 Yoga Express (Amy) 12:15 Pilates Express (Trina) 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>6:00 Beachbody (Mark) 9:00 Step/Sculpt (Cindy) 10:15 Simply Fit (Bernadette) 12:15 BOSU/TRX (Casey) EXPRESS LINE UP 4:00 Lower Body Express (Lisa) 4:30 Fat Blasting Express (Lisa) 5:00 Abs Express (Nicki) 5:30 Cycle Express (Jackie) 6:00 Sculpt Express (Jackie) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</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 Power Yoga (Kelly) 5:00 Turbo GLOW Party at Bay Urban Fitness! FREE to BAC Members, \$5/BAC Guests</p>	<p>7:45 Cycle Express (Terri) 8:00 Aqua Fit – Plaza Pool (Christine) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Jan) 25 _____ 5p Urban Mix @ Bay Urban \$5 BAC members, \$10/Non-members</p>
20	21	22	23	24	26
<p>6:00 Fat Blasting Intervals (Mark) 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>6:00 Cardio Circuits (Jackie) 7:30 Yoga (Kelly) 9:00 Sculpt PiYo (Tracie) 10:15 Simply Fit (Bernadette) 12:15 Just Abs (Nicki) 4:30 Sculpt Express (Jenya) 5:00 Step Express (Jenya) 5:40 Cycle (Dorothy) 6:30 Sculpt PiYo (Amy)</p>	<p>6:00 Turbo Kick (Sarah) 9:00 Fat Blasting Circuits (Cindy) 10:00 Yoga Express (Kelly) 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>What’s Happening This Month In The Studio!</p> <ul style="list-style-type: none"> • Sunday, Feb. 12th – FREE Idea’s Clinic! Find your center through standing core work and lower body strengthening with Lara! Sign up at the front desk. • Wednesday, Feb. 15th – Couples Yoga class with Sara Johnson. Sign up at front desk. • Sunday, Feb. 19th – FREE Idea’s Clinic! Learn Basic Form and Technique of Turbo Kick with Sara Z. Sign up at front desk.! • Monday, Feb. 20th – 10 Day Fat Blasting Boot Camp Kickoff! Cost \$50 BAC Members, \$75 Non-Members. Sign up at front desk. • Friday, Feb. 24th – Zumba Glow Party at Bay Urban Fitness! FREE to BAC Members! 		
27	28	29			