

Bay Athletic Club July 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			
<p>BAC Jungle Gym Available Hours Cost: \$2/child *Pre sign up required</p> <p>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)</p>			<p>BAC Hours: Mon-Thurs. 5:30a-8:30p Fri: 5:30a-7:30p Sat: 7:30a-4:00p Sun: noon-5:00p</p>			<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Trina) EXPRESS LINE UP 5:00 Abs Express (Dorothy) 5:30 Cycle Express (Dorothy) 6:00 Sculpt Express (Amy) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">1</p>	<p>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 Kick (Trina) Leran Round 41!</p> <p style="text-align: right;">2</p>	<p>8:00 Aqua Fit (Christine)</p> <p style="text-align: center;">10am-11:30am FREE Turbo Kick Party at ACC w/ Chalene Johnson! RSVP Required! Please sign up at front desk!</p> <p style="text-align: right;">3</p>
<p>6:00 Fat Blasting Intervals (Sarah) 7:30 Cycle (Rose) 9:00 Zumba (Sarah) 12:15 Sculpt Express (Lisa) 4:15 Fat Blasting Circuits (Kelly) 5:00 Just ABS! (Trina) 5:30 Turbo Kick (Trina) Turbo Fire Boot Camp Kickoff! Sign up at Front Desk! 6:35 Yoga (Amy)</p> <p style="text-align: right;">5</p>	<p>6:00 IntensiSHE (Jamie) 7:30 Yoga (Sarah Hoppe) 8:45 Power and Grace (Trina) 9:30 Sculpt (Tracie) 12:15 Fitness Yoga (Jean) 3:45 Lower Body Express (Amy) 4:45 Step (Jenya) 5:30 Love to Hate Cycle (Tracie) 6:30 Sculpt (Amy) New: 7:15 BOSU/TRX (Casey) *Special one month offering!!</p> <p style="text-align: right;">6</p>	<p>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 at the Beach (Amy) Meet at Starlite beach. If rain, meet at BAC. Please bring your own mat or towel.</p> <p style="text-align: right;">7</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:00 Luv 2 Zumba (Rexann) 5 Week Zumba Program for Girls ages 8-14! Sign up at desk! 12:15 Just Abs! (Tracie) 4:15 Fat Blasting Intervals (Courtney) EXPRESS LINE UP 5:00 Abs Express (Jenya) 5:30 Cycle Express (Trina) 6:00 Sculpt Express (Trina) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">8</p>	<p>6:00 Sculpt/PiYo (Rexann) 7:30 Yoga (Sarah Hoppe) 9:00 Turbo Kick Basic (Tracie) 10:00 Kid Creative Movement (Danielle) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo Kick (Sarah)</p> <p style="text-align: right;">9</p>	<p>8:00 Aqua Fit (Casey) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Beachbody (Tracie)</p> <p style="text-align: center;">BAC Boot Camp Kickoff! Get Tough. Get Results. Sign up at Front Desk!</p> <p style="text-align: right;">10</p>			
<p>6:00 Fat Blasting Intervals (Jamie) 7:30 Cycle (Rose) 9:00 Zumba (Sarah) New: 10:00 Hip Hop Express (Maggie) 12:15 Sculpt Express (Kelly) 4:15 Fat Blasting Circuits (Kelly) 5:00 Abs Express (Casey) 5:30 Turbo Kick (Tracie) 6:35 Yoga (Amy)</p> <p style="text-align: right;">12</p>	<p>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) 7:15 BOSU/TRX (Casey)</p> <p style="text-align: right;">13</p>	<p>6:00 Turbo Kick (Sarah) 9:00 Abs Express(Cindy) 9:30 Fat Blasting Intervals (Cindy) 12:15 Pilates Express (Amy/Danielle) 4:30 Pilates (Amy) 5:30 Turbo Kick (Christine) 6:20 Fat Blasting Intervals (Christine) 7:00 Yoga (Amy)</p> <p style="text-align: right;">14</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:00 Luv 2 Zumba* (Rexann) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Dorothy) EXPRESS LINE UP 5:00 Abs Express (Dorothy) 5:30 Cycle Express (Trina) 6:00 Sculpt Express (Trina) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">15</p>	<p>6:00 Sculpt/PiYo (Rexann) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Cindy) 10:00 Kid Creative Movement (Danielle) 12:15 BOSU/TRX (Kelly) 4:30 Zumba (Rexann) 5:30 Turbo (Trina)</p> <p style="text-align: right;">16</p>	<p>8:00 Aqua Fit (Rexann) 8:30 Step (Laura) 9:30 Sculpt (Laura) 10:30 Zumba (Rexann)</p> <p style="text-align: right;">17</p>			
<p>6:00 Fat Blasting Intervals (Trina) 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) 6:35 Yoga (Jean)</p> <p style="text-align: right;">19</p>	<p>6:00 IntensiSHE (Kelly) 6:00 Beachbody at the Beach (Tracie) Meet at Starlite Beach! 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) 7:15 BOSU/TRX (Casey/Amy)</p> <p style="text-align: right;">20</p>	<p>6:00 Turbo (Tracie) 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)</p> <p style="text-align: right;">21</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:00 Luv 2 Zumba* (Rexann) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Amy) EXPRESS LINE UP 5:00 Abs Express (Tracie) 5:30 Cycle Express (Trina) 6:00 Sculpt Express (Trina) 6:30 Zumba Express (Rexann) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">22</p>	<p>6:00 Sculpt/PiYo (Rexann) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Tracie) 10:00 Kid Creative Movement (Danielle) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo Kick (Sarah)</p> <p style="text-align: right;">23</p>	<p>8:00 Aqua Fit (Christine) 8:30 Step (Jenya) 9:30 Sculpt (Trina) 10:30 Zumba (Sarah)</p> <p style="text-align: center;">8:00am Yoga on Starlite Beach (Amy)</p> <p style="text-align: right;">24 25</p>			
<p>6:00 Fat Blasting Intervals (Sarah) 7:30 Cycle (Tracie) 9:00 Zumba (Sarah) New: 10:00 Hip Hop Express (Maggie) 12:15 Sculpt Express (Kelly) 4:15 Fat Blasting Circuits (Kelly) 5:00 Abs Express (Trina) 5:30 Turbo Kick (Trina) 6:35 Yoga (Jean)</p> <p style="text-align: right;">26</p>	<p>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 (Jamie) 6:30 Sculpt (Amy) 7:15 BOSU/TRX (Amy)</p> <p style="text-align: right;">27</p>	<p>6:00 Turbo (Sarah) 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)</p> <p style="text-align: right;">28</p>	<p>6:00 Beachbody (Tracie) 9:00 Step/Sculpt (Cindy) 10:00 Luv 2 Zumba* (Rexann) 12:15 Just Abs! (Kelly) 4:15 Fat Blasting Intervals (Courtney) EXPRESS LINE UP 5:00 Abs Express (Jenya) 5:30 Cycle Express (Trina) 6:00 Sculpt Express (Trina) 6:30 Zumba Express (Sarah) 7:00 Turbo Express (Marcy)</p> <p style="text-align: right;">29</p>	<p>6:00 Sculpt/PiYo (Rexann) 7:30 Yoga (Kelly) 9:00 Turbo Kick Basic (Tracie) 10:00 Kid Creative Movement (Danielle) 12:15 BOSU/TRX (Casey) 4:30 Zumba (Rexann) 5:30 Turbo Kick (Sarah)</p> <p style="text-align: right;">30</p>	<p>8:00 Aqua Fit (Casey) 8:30 Step (Christine) 9:30 Sculpt (Trina) 10:30 Zumba (Rexann)</p> <p style="text-align: right;">31</p>			