

B A C B o o t C a m p s



Fast Track Your Results.



JUNE



Our **10-Day Outdoor Adventure** kicks off **June 19th** and continues through **June 29th**.

Meets on Monday, Tuesday, Wednesday and Thursday at 6:00am, 12:00pm, or 6:30pm (you choose your time slot)

Improve your strength, power, and endurance!

Cost is \$50 for BAC members and \$75 for non-members

Sign up by calling [989.356.5600](tel:989.356.5600) OR emailing Meag@BayAthleticClub.com. Space is limited so act fast! This is one you won't want to miss!

This 2 week program will include:

- 4 workouts per week
- A variety of equipment, outdoor locations, and trainers

You will receive:

- Nutritional support
- Fitness homework
- Journaling and Facebook accountability
- LIVE outdoor workouts all around town!

Experience the great outdoors in one of our most popular bootcamps!

BODY Beauty

Body Beauty kicks off **June 5th** and continues through **June 22nd**.

Meets at 11am at Bay Athletic Club, Monday, Wednesday and Thursday

This 3 week program will include:

- 3 workouts a week in the BAC studio
- Nutritional support
- Fitness homework
- Journaling and Facebook accountability
- LIVE workouts for all fitness levels.
- Weight Guide
- Form & Technique Tips
- Free Shakeology after every camp (\$45 added value!)

Improve your strength and mindset! Connect and support fellow women!

Enjoy a nutrient-dense Shakeology meal replacement after each workout. You'll leave with a healthy lunch or dinner that will keep you feeling satisfied and energized

Cost is \$50 for BAC members and \$75 for non-members

Muscle burns fat! Keep your metabolism, energy,

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This month our **special Sweat for a Cause** workout will benefit Hospice of Michigan. Tracie Granata is putting together a great, Urban Mix, circuit style workout party! The donations at this workout will support their Annual Walk to Remember.

Bring a friend and meet at Bay Urban on Friday, June 30th at 5:30pm! Open to all and a \$5 donation is appreciated.



YOGA

Meag Schwartz will be leading Yoga on the Beach on Saturday, June 24th at 8:00am. All members and bootcampers are welcome to join her at Starlite Beach. Guests may purchase a \$10 day pass.

TURBO

Attention Turbo lovers! Trina Gray will be leading a special Turbo on the Beach workout party on Wednesday, June 7th. Join her at Starlite Beach for some of your favorite rounds at 5:30pm! All members welcome and guests may purchase a \$10 day pass to attend.