

**FAST TRACK  
YOUR RESULTS!**

# BAC CAMPS

JANUARY



# 21 day slimdown



**TRANSFORM YOUR BODY. WIN PRIZES.**

One of our most popular fitness events kicks off Sunday, January 7th at 12:00pm and continues through January 28th/29th.

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

**Win prizes for your transformation!**

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

Jump start your new year with a body transformation! This camp is for all levels.

**You will receive accountability and support from coaches and other bootcampers!**

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

# BODY Beauty

**Body Beauty gets a makeover!  
New themes, new gifts of recognition,  
and more!**

All fitness levels welcome!

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

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

Body Beauty kicks off Wednesday, January 3rd and continues through January 22nd.

· Meets at 11am or 7:30pm at Bay Athletic Club. Monday, Wednesday & 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
- 5 Custom Shakeology Shakes (\$30 Added Value!)
- New Theme
- Gifts of recognition

**Muscle burns fat!**

**Keep your metabolism, energy,  
and willpower top notch.**



"I work harder in a group fitness class and have more fun than I would on my own!"

**Are you interested in trying Group Fitness but aren't sure where to start? START HERE!**

Join us on **Wednesday, January 24th at 10:00am** in the BAC Studio to learn the fundamentals and practice applying them in a workout. You'll receive one-on-one form attention from a personal trainer, all while getting a fun workout in!



**Interested in the transformative effects of a cycle class? Looking to get more out of your cycle workouts?**

Join Cycle instructor, Sam Kendziorski to learn proper bike set-up, form, and more! Not only will you learn how to maximize your performance, but you'll also get a chance to apply it with a short workout.

This specialty class is for those looking to try cycle for the first time or for those looking to maximize performance.

Space is limited! Call 356.5600 to reserve your spot!



This month, our special **Sweat for a Cause** workout will benefit the non-profit club volleyball team - Northern Storm. Lindsey Bartz will be leading a fun, Urban Mix Circuit-Style workout party!

**Bring a friend** and meet at Bay Urban Fitness on **Wednesday, January, 24th at 6:30pm!** Open to all and a \$5 donation is appreciated.



Join Cheryl Mack at 10:00am at Bay Urban Fitness on Saturday, January 27th for a **90-minute specialty Power, Release, and Restore Yoga!** Treat yourself to some mind and body relaxation and clarity with this Yoga flow and essential oils.

All are welcome. \$10 for members or \$20 for non-members.

Sign up by calling 989.356.5600 or emailing [Lindsey@BayAthleticClub.com](mailto:Lindsey@BayAthleticClub.com).

**SPECIALTY WORKSHOP!**  
Great for all Yoga levels.