

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



Fast Track Your Results.



AUGUST



Our 10-Day Outdoor Adventure kicks off August 7th and continues through August 17th.

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!

Train to Run kicks off August 7th and continues through August 23rd.

Meets on Monday and Wednesday at 5:30pm

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.

Includes group runs, core training, warm-up, stretching, and running tips/techniques!

Train with veteran runners Tracie Granata, Sarah Morrison, Sam Kendzorski, and Cheryl Mack!

This 3-week program leads right into the



This month our special Sweat for a Cause workout will benefit Tunnel to Towers Annual 5k. Rick Houchin will be leading a fun, Urban Mix Circuit-Style workout party!

Bring a friend and meet at Bay Urban on Friday, August 25th at 5:30pm! Open to all and a \$5 donation is appreciated.

Group EXTRAVAGANZA is a medley of your favorite class formats and instructors!

Each class is 15 minutes long and immediately leads into the next. It's a perfect time to enjoy your favorite classes and hopefully experience some new ones.

The party is being kicked off at 8:30am with a one-hour Cardio EXTRAVAGANZA and will be immediately followed by a Strength EXTRAVAGANZA at 9:30. Stay tuned a detailed line-up!



YOGA

Amy Schultz will be leading Yoga on the Beach on Saturday, August 12th at 8:30am.

Cheryl Mack will be leading Yoga on the Beach on Saturday, August 26th at 8:30am.

All members and bootcampers are welcome to join at Starlite Beach. Guests may purchase a \$10 day pass.



Our 4-Day Family Camp kicks off August 21st and continues through August 24th.

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

Get fit and have fun with your children!

\$10 per person for members or \$15 per person 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 1 week program will include:

- 4 workouts
- A variety of workouts, games, and talented trainers
- An award of completion for your child(ren)

This camp is open to parents and their children between the ages of 8-13!