

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



Fast Track Your Results.



SEPTEMBER

Fit Buddy CHALLENGE

YOUR SUCCESS IS MY SUCCESS



Our **Fit Buddy Challenge** kicks off **September 5th** and continues through **September 18th**.

The Fit Buddy Challenge was designed to create **RESULTS** and establish a healthy routine as fall sets in.

You'll improve your daily habits and have fun with a fit friend. We'll give you the tools and support to fit your schedule.

Cost is \$25 for BAC members and \$35 for non-members

Sign up by calling [989.356.5600](tel:989.356.5600) OR emailing Meag@BayAthleticClub.com.

All you need is a buddy to do it with you. Need a buddy? We'll match you up!

SPECIAL on the BEACH EVENTS

YOGA

Amy Schultz will be leading Yoga on the Beach on Saturday, September 16th at 8:30am.

All members, Fit Buddies, and Body Beauties are welcome to bring their own yoga mats or towels and join at Starlite Beach. Guests may purchase a day pass.

SWEAT FOR A CAUSE

Bay Athletic Club

This month, our special **Sweat for a Cause** workout will benefit Zonta's Annual Walk for Women. Lindsey Bartz will be leading a fun, Urban Mix Circuit-Style workout party!

Bring a friend and meet at Bay Urban on Friday, September 29th at 5:30pm! Open to all and a \$5 donation is appreciated.

BODY Beauty

**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

Body Beauty kicks off **September 11th** and continues through **September 28th**.

· Meets at 11am or 7:30pm 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!)

**Muscle burns fat!
Keep your metabolism, energy,**

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



Cheryl Mack will be leading Kids' Yoga on Saturday, September 23rd!

Grades K-2nd will start at 10:30am
Grades 3-6 will begin at 11:15am

Sign-up by calling 989-356-5600 or stop by the front desk to reserve a spot for your child. Cost is FREE for members' children or \$5 for non-members.