

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



Fast Track Your Results.



NOVEMBER



Urban Sweat kicks off **November 6th** and continues through **November 9th**. We are filling up **FAST**, so get signed up!

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

Cost is \$25 for Thinner Winners, \$30 for BAC members and \$40 for non-members

Includes all-time class format favorites! Combat, TRX, Kettlebell, and Fat Blasting.

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

This 4 day camp kicks off on **November 27th** and continues through **November 30th!**

Strike and kick your way to improved fitness. Perfect for all levels.

Meets at 6:30pm on Monday, Tuesday, Wednesday, and Thursday.

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



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

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 throughout the day.

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. Act fast! This is one you won't want to miss!

Body Beauty kicks off **November 6th** and continues through **November 22nd**.

Meets at 11am or 7:30pm at Bay Athletic Club. Monday, Wednesday & Thursday (special November schedule due to Thanksgiving!)

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!)
- New Themes
- New gifts of recognition

Muscle burns fat! Keep your metabolism, energy, and willpower top notch.



This month, our special **Sweat for a Cause** workout will benefit the Thunder Bay Schooners swim team. Ami Lenning will be leading a fun, Urban Mix Circuit-Style workout party!

Bring a friend and meet at Bay Urban on Friday, November, 17th at 5:30pm! Open to all and a \$5 donation is appreciated.

Join Sam Kendzierski at 8:30am at Bay Urban Fitness on Sunday, November 19th for a **90-minute specialty cycle endurance class!**

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

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

SPECIALTY WORKSHOP!

This workout is a great way for those who love it to take it further and for newbies to get a great, guided start!