

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



Fast Track Your Results.



MAY



Kettlebell Burn kicks off **May 8th** and continues through **May 25th.**

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

Improve your strength, power, posture, form, and endurance!

Some Urban experience recommended.

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 3 week program will include:

- 3 workouts on the BRAND NEW, EXCLUSIVE, Beast Battle Ropes
- 3 workouts on the TRX Rip Trainer
- 3 calorie torching, endurance-building workouts on the cycle bike

You will receive:

- Nutritional support
- Fitness homework
- Journaling and Facebook accountability
- LIVE workouts

You will notice muscle definition and endurance improvements!

MEMORIAL DAY MELTDOWN

Don't let the holiday halt your fitness! Join Lindsey at 9:00am at Bay Urban Fitness on Monday, May 29th for a special Memorial Day Meltdown Urban Mix!



This month our special **Sweat for a Cause** workout will benefit the Huron Humane Society. Rick Houchin is putting together a great, Urban Mix, circuit style workout party! The donations at this workout will go towards their fundraising goals.

Bring a friend and meet at Bay Urban on Friday, May 19th at 5:30pm! Open to all and a \$5 donation is appreciated.



Body Beauty kicks off **May 1st** and continues through **May 18th.**

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!)

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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Samantha Kendziorski is pumped to be leading this **Cycle 90** workout! You can be part of the ride by meeting at Bay Urban Fitness at **8am on Sunday, May 14th.**

Kelly Lake is excited to lead **Yoga 90** on **Saturday, May 20th at 9:30am.** Meet at Bay Urban for a dynamic power yoga. It will be an athletic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

TWO SPECIALTY WORKSHOPS!

These workouts are a great way for those who love it to take it further and or newbies to get a great, guided start!

\$10 for members or \$20 for non-members.

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