

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



Fast Track Your Results.



JULY



Our **10-Day Outdoor Adventure** kicks off **July 10th** and continues through **July 20th**.

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!



10 Day Body Beauty kicks off **July 17th** and continues through **July 27th**.

Meets at 11am at Bay Athletic Club, Monday, Tuesday, Wednesday and Thursday

This 10 day program will include:

- 4 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 throughout the day.

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

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

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This month our special **Sweat for a Cause** workout will benefit the (NOAA) Thunder Bay National Marine Sanctuary's Annual Maritime Festival! Lindsey will be leading a fun, Urban Mix Circuit-Style workout party!

Bring a friend and meet at Bay Urban on Tuesday, July 4th at 8:00am! You will get a great workout in and be done in plenty of time for the 11:00am parade. Open to all and a \$5 donation is appreciated.



YOGA

Amy Schultz will be leading Yoga on the Beach on Saturday, July 15th at 8:30am. All members and bootcampers are welcome to join her at Starlite Beach. Guests may purchase a \$10 day pass.

Yoga for All Ages (yes, your children can join you!) will be held on Saturday, July 8th at 8:30am. All members and their children welcome.

TURBO

Attention Turbo lovers! Trina Gray will be leading a special Turbo on the Beach workout party on Monday, July 17th! Join her at the Starlite Beach Pavilion for some of your favorite rounds at 5:30pm! All members welcome and guests may purchase a \$10 day pass.