

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



Fast Track Your Results.



OCTOBER



WHO: We want YOU!

- Teams of 4-6 people to lose weight, inches and have fun
- Open to anyone in the community, ages 13+

WHAT: Results, Results, Results!

- Five weeks of access to BAC and Bay Urban Fitness
 - Clean eating food plan to fit your life
- **Nine** Exclusive Thinner Winner workouts
- Motivational coaching from BAC trainers
- Special Thinner Winner discount on Boot Camps
 - Thinner Winner T-shirt (\$20 value)

HOW: Pick up your phone TODAY....LIMITED SPACE!

- Cost is \$50 for members and \$100 for non members

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

WHEN: NOW!

- Kickoff on Sun., October 8th at 5 p.m. at Bay Urban Fitness
- Missing kickoff? Weigh in on Mon., Oct. 9th at 6 a.m., noon or 6 p.m. at BAC
- Final weigh-in on Fri., Nov. 10th from 6 a.m. to noon at BAC
- Thinner Winner Party on Friday night, Nov. 10th from 5-7 p.m. at Bay Urban Fitness--photos, results, appetizers, prizes and fun!

WHY: Why NOT feel better about yourself?

- Team that loses the greatest PERCENTAGE of body weight AND inches wins \$1,000 in cold hard cash!
- Recognition and prizes for ALL who complete the challenge and weigh in



**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

Body Beauty kicks off October 9th and continues through October 26th.

- 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!



This month, our special **Sweat for a Cause** workout will benefit Feeding Kids Ministry. Rick Houchin will be leading a fun, Urban Mix Circuit-Style workout party!

Bring a friend and meet at Bay Urban on Friday, October 27th at 5:30pm! Open to all and a \$5 donation is appreciated.

Join Cheryl Mack at 10:00am at Bay Urban Fitness on October 28th for a **90-minute restorative flow**. There will be restorative essential oils available.

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!



TRX Burn kicks off **October 23rd** and continues through **October 26th**. 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 \$50 for BAC members and \$75 for non-members

You will notice a body transformation with strength improvements!

This 3 week program will include:

- 3 days of strength workouts on the TRX
- 1 day of cardio BURN

You will receive:

- Nutritional support
- Fitness homework
- Journaling and Facebook accountability
- LIVE workouts for all fitness levels.

The TRX will help you improve:

- your strength
- posture
- muscle endurance.