

G R O U P F I T N E S S



Get Fit. Have Fun.



JUNE

BAC HOURS:

Monday-Thursday: 5:30am-8:30pm
 Friday: 5:30am-7:30pm
 Saturday: 7:30am-4:00pm
 Sunday: 11:00am-5:00pm

BAC Jungle Gym Hours:

Mornings:
 Monday-Thursday 8:45am-10:30am
 Friday 11am-12pm
 Saturday 9:00am-10:30am
Evenings:
 Monday-Thursday 4:00pm-6:30pm

****Class Sign-ups required for Monday TRX @ Urban & All Cycle Classes!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
			6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Dorothy) 5:00 Strength Express (Rick) 5:30 **Cycle Strength @ Urban (Sam) 5:30 *Special* Turbo Party (Amanda F)	6:00 Yoga Strength (Amy) 6:00 Urban Strength @ Urban (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Tracie) 8:00 Urban Mix @ Urban (Tracie) 8:30 Step (Ami) 9:30 Strength (Nicki)
				1	2
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda F) 5:00 Abs Express (Rick) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Nicki) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 Core Power (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Rick) 5:35 Lift & Shred (Sarah) 6:30 Balletone Express (Lara)	6:00 Turbo Strength (Amanda F.) 6:00 ** Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 TRX HIITS@ Urban (Nicki) 5:30 *Special* Turbo @ the Beach (Trina) Meet @ Starlite Beach	6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey) 5:00 Sculpt PiYo (Kristen) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Amanda F)	6:00 *Special* PiYo Strength (Tracie) 6:00 Urban Strength @ Urban (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amanda F) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Sam) 8:00 Urban Mix @ Urban (Sam) 8:30 Step (Ami) 9:30 Strength (Trina)
	5	6	7	8	9
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Trina) 4:15 Fat Blasting Intervals (Amanda F.) 5:00 Abs Express (Rick) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Nicki) 6:30 Yoga @ Urban (Jean)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 Core Power (Rick) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Lindsey) 5:35 Lift & Shred (Amanda F)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Kelly) 4:15 Sculpt PiYo (Cheryl) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 TRX HIITS@ Urban (Nicki)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Ami) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey) 5:00 Strength Express (Chris) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Dorothy)	6:00 Yoga Strength (Amy) 6:00 Urban Strength @ Urban (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Amanda F) 8:00 Urban Mix @ Urban (Amanda F) 8:30 Step (Ami) 9:30 Strength (Rexann)
	12	13	14	15	16
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda F) 5:00 Abs Express (Rick) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Nicki) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 Sculpt PiYo (Kristen) 10:00 Simply Fit (Bernie) 12:15 Core Power (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Rick)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Cheryl) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 TRX HIITS@ Urban (Nicki)	6:00 Body Intense (Rick) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Dorothy) 5:00 Strength Express (Gavin) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Sam)	6:00 Yoga Strength (Amy) 6:00 Urban Strength @ Urban (Lindsey) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Sam) 8:00 Urban Mix @ Urban (Sam) 8:00 Yoga on the Beach (Meag) *weather permitting 8:30 Step (Ami) 9:30 Strength (Alyssa)
	19	20	21	22	23
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Gavin) 4:15 Fat Blasting Intervals (Amanda F.) 5:00 Abs Express (Lindsey) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Jackie) 6:30 Yoga @ Urban (Meag)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Jackie) 10:00 Simply Fit (Bernie) 12:15 Core Power (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Rick) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Jackie) 5:00 Pilates Express (Kristen) 5:30 Fat Blasting Intervals (Rick) 5:30 TRX HIITS@ Urban (Lindsey)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey) 5:00 Strength Express (Gavin) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Dorothy)	6:00 Yoga Strength (Amy) 6:00 Urban Strength @ Urban (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix @ Urban (Eric)
	26	27	28	29	30
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Gavin) 4:15 Fat Blasting Intervals (Amanda F.) 5:00 Abs Express (Lindsey) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Jackie) 6:30 Yoga @ Urban (Meag)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Jackie) 10:00 Simply Fit (Bernie) 12:15 Core Power (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Rick) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Jackie) 5:00 Pilates Express (Kristen) 5:30 Fat Blasting Intervals (Rick) 5:30 TRX HIITS@ Urban (Lindsey)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey) 5:00 Strength Express (Gavin) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Dorothy)	5:30 Sweat for a Cause @ Urban (Tracie) <i>Suggested \$5 donation to support Hospice of Michigan</i>	
	26	27	28	29	30