

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



Get Fit. Have Fun.



HOURS:

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

****Class Sign-ups required for Monday TRX and all Cycle classes!****

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY



Looking for results?? Check out our November specialty events. Flip this calendar over for more details!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>BAC CAMPS</p> <p>6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Sam) 4:15 Fat Blasting Intervals (Chris) 5:00 Abs Express (Lindsey) 5:30 Combat HIITS (Dorothy) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)</p>	<p>6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 PiYo Strength (Amy) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Cindy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sam) 6:30 Balletone Express (Lara)</p>	<p>6:00 *Special* Fat Blasting Intervals (Jackie) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Kelly) 4:15 Sculpt PiYo (Jackie) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey) 6:30 Yoga (Meag)</p>	<p>6:00 Body Intense (Lindsey) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Body Intense (Rick) 5:00 Strength Express (Dorothy) 5:30 *Special Turbo Party* (Ami) 5:30 **Cycle Strength @ Urban (Sam)</p>	<p>6:00 Yoga Strength (Amy) 6:00 Urban Strength (Lindsey) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)</p>	<p>*Special Class!* 7:00 **Cycle Strength @ Urban (Lindsey) 8:00 Urban Mix @ Urban (Lindsey) 8:30 Step (Ami) 9:30 Strength (Rex)</p> <hr/> <p>11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix (Andrew)</p>
<p>6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Sam) 4:15 Fat Blasting Intervals (Chris) 5:00 Abs Express (Lindsey) 5:30 Combat HIITS (Dorothy) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)</p>	<p>6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 PiYo Strength (Amy) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Cindy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sam) 6:30 Balletone Express (Lara)</p>	<p>6:00 Turbo Strength (Tracie) 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 Urban Strength (Lindsey) 6:30 Yoga (Amy)</p>	<p>6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 4:15 Body Intense (Chris) 5:00 Strength Express (Rick) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Amanda)</p>	<p>6:00 Yoga Strength (Amy) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)</p>	<p>7:00 **Cycle HIITS & Hills @ Urban (Tracie) 8:00 Urban Mix @ Urban (Andrew) 8:30 Step (Ami) 9:30 Strength (Trina)</p> <hr/> <p>11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix (Andrew)</p>
<p>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 (Lindsey) 5:00 Abs Express (Jackie) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Meag)</p>	<p>6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (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)</p>	<p>6:00 Turbo Strength (Amanda) 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 (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey) 6:30 Yoga (Meag)</p>	<p>6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Body Intense (Lindsey) 5:00 Strength Express (Lindsey) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Dorothy)</p>	<p>6:00 Yoga Strength (Amy) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)</p>	<p>7:00 **Cycle HIITS & Hills @ Urban (Amanda) 8:00 Urban Mix @ Urban (Amanda) 8:30 Step (Ami) 9:30 Strength (Trina)</p> <hr/> <p>8:30 **Cycle 90 (Sam)** Specialty Workshop 11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix (Andrew)</p>
<p>6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)</p>	<p>6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Rick) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Lindsey) 5:35 Lift & Shred (Sarah) 6:30 Balletone Express (Lara)</p>	<p>6:00 Turbo Strength (Amanda) 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 (Tracie) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey) 6:30 Yoga (Meag)</p>	<p>Happy Thanksgiving!</p> <p>BAC Closed 9:00am Turkey Trot @ The APLEX</p>	<p>BAC Open 5:30am-5:00pm Special Class! Burn the Bird! 9:00am Fat Blasting Intervals (Lindsey)</p>	<p>7:00 **Cycle HIITS & Hills @ Urban (Tracie) 8:00 Urban Mix @ Urban (Eric) 8:30 Step (Ami) 9:30 Strength (Rick)</p> <hr/> <p>11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix (Andrew)</p>
<p>6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Rick) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Turbo Strength (Tracie) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Jean)</p>	<p>6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sarah) 6:30 Balletone Express (Lara)</p>	<p>6:00 Turbo Strength (Amanda) 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 Urban Strength (Lindsey) 6:30 Yoga (Meag)</p>	<p>6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Body Intense (Rick) 5:00 Strength Express (Dorothy) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Sam)</p>	<p>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</p>	<p>11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix (Andrew)</p>