

# GROUP FITNESS



Get Fit. Have Fun.



## JANUARY

**BAC Jungle Gym Hours**  
 Mon-Thurs 8:45am-10:30am  
 Friday 11am-12pm  
 Saturday 9am-10:30am

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>HAPPY NEW YEAR</b></p> <p>BAC Open 7:30am-5:00pm</p> <p><b>9:00 New Year's Day Urban Mix (Rick)</b>  <i>Special! Group workout at Urban</i></p> <p>1</p>	<p>6:00 Strength Circuits (Rick)                  7:30 Yoga (Amy)                  9:00 PiYo Strength (Tracie)                  10:00 Simply Fit (Bernie)                  12:15 Body Intense Express (Dana)                  4:15 Strength (Amy)                  5:00 Step Intervals (Dorothy)                  5:30 Urban Mix <b>HARDCORE</b> (Rick)                  5:35 Lift &amp; Shred (Sarah)</p> <p>2</p>	<p>6:00 Turbo Strength (Tracie)                  6:00 <b>**Cycle @ Urban</b> (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)</p> <p><b>Body Beauty Kickoff</b></p> <p>3</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 (Chris)                  5:00 Strength Express (Lindsey)                  5:30 CIZE (Sarah)                  5:30 <b>**Cycle Strength @ Urban</b> (Dorothy)</p> <p>4</p>	<p>6:00 Yoga Strength (Amy)                  6:00 Urban Strength (Rick)                  9:00 BOSU/TRX (Lara)                  9:35 Balletone (Lara)                  11:00 Lift &amp; Shred (Amy)                  12:15 Power Yoga (Kelly)</p> <p>5</p>	<p>7:00 <b>**Cycle HIITS &amp; Hills @ Urban</b> (Tracie)                  8:00 Urban Mix @ Urban (Tracie)                  8:30 Step (Ami)                  9:30 Strength (Amy)</p> <hr/> <p>11:15 Sculpt PiYo (Cheryl)                  5:00 Urban Mix (Andrew)</p> <p><b>21day Kickoff</b></p> <p>6/7</p>
<p>6:00 Fat Blasting Intervals (Lindsey)                  7:30 Fat Blasting Intervals (Cindy)                  9:00 Fat Blasting Intervals (Tracie)                  12:15 Strength Express (Trina)                  4:15 Fat Blasting Intervals (Amanda)                  5:00 Abs Express (Jackie)                  5:30 Combat HIITS (Trina)                  5:30 <b>**TRX @ Urban</b> (Rick)                  6:30 Yoga @ Urban (Cheryl)</p> <p>8</p>	<p>6:00 Strength Circuits (Rick)                  7:30 Yoga (Kelly)                  9:00 PiYo Strength (Tracie)                  10:00 Simply Fit (Bernie)                  12:15 Body Intense Express (Dana)                  4:15 Strength (Amy)                  5:00 Step Intervals (Dorothy)                  5:30 Urban Mix <b>HARDCORE</b> (Lindsey)                  5:35 Lift &amp; Shred (Sarah)</p> <p>9</p>	<p>6:00 Turbo Strength (Tracie)                  6:00 <b>**Cycle @ Urban</b> (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)</p> <p>10</p>	<p>6:00 Body Intense (Tracie)                  9:00 Step/Strength (Ami)                  10:00 Simply Fit (Bernie)                  12:15 Fat Blasting Express (Lindsey)                  4:15 Body Intense (Chris)                  5:00 Strength Express (Dorothy)                  5:30 CIZE (Sarah)                  5:30 <b>**Cycle Strength @ Urban</b> (Sam)</p> <p>11</p>	<p>6:00 Yoga Strength (Amy)                  6:00 Urban Strength (Rick)                  9:00 BOSU/TRX (Lara)                  9:35 Balletone (Lara)                  11:00 Lift &amp; Shred (Amy)                  12:15 Power Yoga (Kelly)</p> <p>12</p>	<p>7:00 <b>**Cycle HIITS &amp; Hills @ Urban</b> (Jackie)                  8:00 Urban Mix @ Urban (Eric)                  8:30 Step (Dorothy)                  9:30 Strength (Trina)</p> <hr/> <p>11:15 Sculpt PiYo (Kristen)                  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 Turbo HIITS (Trina)                  5:30 <b>**TRX @ Urban</b> (Rick)                  6:30 Yoga @ Urban (Cheryl)</p> <p>15</p>	<p><b>Happy 12th Birthday, BAC!</b></p> <p>6:00 Strength Circuits (Rick)                  7:30 Yoga (Amy)                  9:00 PiYo Strength (Tracie)                  10:00 Simply Fit (Bernie)                  12:15 Body Intense Express (Dana)                  4:15 Strength (Amy)                  5:00 Step Intervals (Dorothy)                  5:30 Urban Mix <b>HARDCORE</b> (Eric)                  5:35 Lift &amp; Shred (Sarah)</p> <p>16</p>	<p>6:00 Turbo Strength (Sarah)                  6:00 <b>**Cycle @ Urban</b> (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 (Amy)</p> <p>17</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 (Rick)                  5:30 CIZE (Sarah)                  5:30 <b>**Cycle Strength @ Urban</b> (Dorothy)</p> <p>18</p>	<p>6:00 Yoga Strength (Amy)                  6:00 Urban Strength (Rick)                  9:00 BOSU/TRX (Lara)                  9:35 Balletone (Lara)                  11:00 Lift &amp; Shred (Amy)                  12:15 Power Yoga (Kelly)</p> <p>19</p>	<p>7:00 <b>**Cycle HIITS &amp; Hills @ Urban</b> (Sam)                  8:00 Urban Mix @ Urban (Sam)                  8:30 Step (Ami)                  9:30 Strength (Trina)</p> <p><b>Annual BAC Fitness Inspired Gala</b>                  6:00pm - You are invited!                  Tickets available at BAC</p> <hr/> <p>11:15 Sculpt PiYo (Rexann)                  5:00 Urban Mix (Andrew)</p> <p>20/21</p>
<p>6:00 Fat Blasting Intervals (Lindsey)                  7:30 Fat Blasting Intervals (Cindy)                  9:00 Fat Blasting Intervals (Tracie)                  12:15 Strength Express (Trina)                  4:15 Fat Blasting Intervals (Sarah)                  5:00 Abs Express (Jackie)                  5:30 Combat HIITS (Dorothy)                  5:30 <b>**TRX @ Urban</b> (Rick)                  6:30 Yoga @ Urban (Jean)</p> <p>22</p>	<p>6:00 Strength Circuits (Rick)                  7:30 Yoga (Kelly)                  9:00 PiYo Strength (Tracie)                  10:00 Simply Fit (Bernie)                  12:15 Body Intense Express (Dana)                  4:15 Strength (Amy)                  5:00 Step Intervals (Dorothy)                  5:30 Urban Mix <b>HARDCORE</b> (Rick)                  5:35 Lift &amp; Shred (Sarah)                  6:30 Balletone Express (Lara)</p> <p>23</p>	<p>6:00 Turbo Strength (Tracie)                  6:00 <b>**Cycle @ Urban</b> (Sam)                  7:30 Total Core (Harry)                  9:00 Pilates Flow (Kelly)                  10:00 <b>Group Fit Prep (Lindsey)</b>                  12:15 Pilates Express (Jean)                  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>24</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 (Chris)                  5:00 Strength Express (Lindsey)                  5:30 CIZE (Sarah)                  5:30 <b>**Cycle Strength @ Urban</b> (Sam)</p> <p>25</p>	<p>6:00 Yoga Strength (Amy)                  6:00 Urban Strength (Rick)                  9:00 BOSU/TRX (Lara)                  9:35 Balletone (Lara)                  11:00 Lift &amp; Shred (Amy)                  12:15 Power Yoga (Kelly)</p> <p>26</p>	<p>7:00 <b>**Cycle HIITS &amp; Hills @ Urban</b> (Jackie)                  8:00 Urban Mix @ Urban (Jackie)                  8:30 Step (Ami)                  9:30 Strength (Rick)  <b>10:00 Yoga 90 @ Urban (Cheryl)</b>  <b>**Specialty \$10 Workshop</b>                  Power, Release, Restore</p> <hr/> <p>11:15 Sculpt PiYo (Cheryl)                  5:00 Urban Mix (Andrew)</p> <p>27/28</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 (Sarah)                  5:00 Abs Express (Jackie)                  5:30 Turbo HIITS (Trina)                  5:30 <b>**TRX @ Urban</b> (Rick)                  6:30 Yoga @ Urban (Cheryl)</p> <p>29</p>	<p>6:00 Strength Circuits (Rick)                  7:30 Yoga (Amy)                  9:00 PiYo Strength (Amy)                  10:00 Simply Fit (Bernie)                  12:15 Body Intense Express (Dana)                  4:15 Strength (Lindsey)                  5:00 Step Intervals (Cindy)                  5:30 Urban Mix <b>HARDCORE</b> (Eric)                  5:35 Lift &amp; Shred (Sarah)</p> <p>30</p>	<p><b>6:00 *Special Class! Cardio Party (Rick)</b>                  6:00 <b>**Cycle @ Urban</b> (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)</p> <p>31</p>	<p><b>SWEAT FOR A CAUSE</b>                  Suggested \$5 donation to support Northern Storm club</p> <p>24</p>	<p><b>21day slimdown</b>                  TRANSFORM YOUR BODY. WIN PRIZES.                  January 7th to January 29th</p>	<p><b>Bay Athletic Club</b>  <b>BODY Beauty</b></p>

**YOGA 90**

Looking for results? Join us for one of our January specialty events! Flip this calender over for more details.

**21day slimdown**  
 TRANSFORM YOUR BODY. WIN PRIZES.  
 January 7th to January 29th

**Bay Athletic Club**  
**BODY Beauty**