

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



Get Fit. Have Fun.



JULY

MONDAY

Limited Line-Up

6:00 Fat Blasting Intervals (Lindsey)
9:00 Fat Blasting Intervals (Tracie)
12:15 Strength Express (Trina)
4:15 Fat Blasting Intervals (Amanda F)

See you at the 4th Annual Battle of the Paddles Paddleboard Race @ the National Marine Sanctuary!

TUESDAY



Happy 4th of July!

BAC Open 7:30-12:00pm

8:00 Stars, Stripes, & Sweat for a Cause at Urban (Lindsey)

Open to all with a suggested \$5 donation to support the NOAA Maritime Festival

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WEDNESDAY

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 (Cheryl)
5:30 Fat Blasting Intervals (Rick)
5:30 **Urban Strength (Lindsey)**
6:30 Yoga (Amy)

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THURSDAY

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 (Chris)
5:30 CIZE (Sarah)
5:30 **Cycle Strength @ Urban (Dorothy)

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FRIDAY

6:00 Yoga Strength (Amy)
6:00 Urban Strength (Rick/Andrew)
9:00 BOSU/TRX (Rick)
9:35 Balletone (Cheryl)
11:00 Lift & Shred (Amy)
12:15 Power Yoga (Meag)

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SATURDAY/SUNDAY

7:00 **Cycle HIITS & Hills @ Urban (Sam)
8:00 Urban Mix @ Urban (Sam)
8:30 Step (Ami)
9:30 Strength (Rick)
8:30 Yoga on the Beach for All Ages (Cheryl)
Weather permitting. Kids & parents welcome.

New summer time, same class

8:00 Urban Mix @ Urban (Lindsey/Andrew)
11:15 Sculpt PiYo (Rexann)

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8/9

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 F)
5:00 Abs Express (Jackie)
5:30 Combat HIITS (Trina)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Cheryl)

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6:00 Strength Circuits (Rick)
7:30 Yoga (Kelly)
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 (Lindsey)
5:35 Lift & Shred (Sarah)
6:30 Balletone Express (Lara)

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6:00 Turbo Strength (Ami)
6:00 ** Cycle @ Urban (Sam)
7:30 Total Core (Harry)
9:00 Pilates Flow (Kelly)
12:15 Pilates Express (Kristen)
4:15 Sculpt PiYo (Cheryl)
5:00 Pilates Express (Dana)
5:30 Urban Blasting Intervals (Rick)
5:30 **Urban Strength (Lindsey)**
6:30 Yoga (Meag)

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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 (Lindsey)
5:00 Strength Express (Jackie)
5:30 *Special* Zumba (Rexann)
5:30 **Cycle Strength @ Urban (Sam)

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6:00 Yoga Strength (Amy)
6:00 Urban Strength (Lindsey/Andrew)
9:00 BOSU/TRX (Lara)
9:35 Balletone (Lara)
11:00 Lift & Shred (Amy)
12:15 Power Yoga (Kelly)

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7:00 **Cycle BURN @ Urban (Lindsey)
8:00 Urban Mix @ Urban (Lindsey/Andrew)
8:30 Yoga on the Beach (Amy) *weather permitting
8:30 Step (Ami)
9:30 Strength (Rexann)

New summer time, same class

8:00 Urban Mix @ Urban (Andrew)
11:15 Sculpt PiYo (Rexann)

15/16

6:00 Fat Blasting Intervals (Lindsey)
7:30 Fat Blasting Intervals (Cindy)
9:00 Fat Blasting Intervals (Lindsey)
12:15 Strength Express (Jackie)
4:15 Fat Blasting Intervals (Amanda F.)
5:00 Abs Express (Jackie)
5:30 *Special* Turbo @ the Beach(Trina)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Meag)

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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 (Cindy)
5:30 Urban Mix HARDCORE (Rick)
5:35 Lift & Shred (Sarah)
6:30 Balletone Express (Lara)

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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 (Kristen)
4:15 Sculpt PiYo (Rexann)
5:00 Pilates Express (Dana)
5:30 Fat Blasting Intervals (Rick)
5:30 **Urban Strength (Jackie)**
6:30 Yoga (Amy)

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6:00 Body Intense (Tracie)
9:00 Step/Strength (Cindy)
10:00 Simply Fit (Bernie)
12:15 Fat Blasting Express (Jackie)
4:15 Core Power (Dorothy)
5:00 Strength Express (Chris)
5:30 CIZE (Sarah)
5:30 **Cycle Strength @ Urban (Amanda F)

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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)

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7:00 **Cycle HIITS & Hills @ Urban (Amanda F)
8:00 Urban Mix @ Urban (Amanda F)
8:30 Step (Ami)
9:30 Strength (Rick)

New summer time, same class

8:00 Urban Mix @ Urban (Andrew)
11:15 Sculpt PiYo (Rexann)

22/23

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 (Jackie)
5:30 Combat HIITS (Trina)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Cheryl)

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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 (Eric)
5:35 Lift & Shred (Sarah)
6:30 Balletone Express (Lara)

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6:00 Turbo Strength (Tracie)
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 (Cheryl)
5:30 Fat Blasting Intervals (Rick)
5:30 **Urban Strength (Lindsey)**
6:30 Yoga (Meag)

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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 (Lindsey)
5:00 Strength Express (Rexann)
5:30 CIZE (Sarah)
5:30 **Cycle Strength @ Urban (Jackie)

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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)

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7:00 **Cycle HIITS & Hills @ Urban (Tracie)
8:00 Urban Mix @ Urban (Tracie)
8:30 Step (Ami)
9:30 Strength (Trina)

New summer time, same class

8:00 Urban Mix @ Urban (Andrew)
11:15 Sculpt PiYo (Rexann)

29/30

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 F.)
5:00 Abs Express (Jackie)
5:30 Turbo HIITS (Trina)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Cheryl)

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Bay Athletic Club 10-Day **BODY Beauty** Begins July 17th!

OUTDOOR ADVENTURE BOOTCAMP Begins July 10th! Bay Athletic Club



Come paddle with us! Bring your own board and join Team BAC for a fun paddleboarding adventure! Cold, healthy treat served after.

Must have personal floatation device and paddling experience

BAC 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 @ Urban & All Cycle Classes!

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