

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



Get Fit. Have Fun.



MAY

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 4:00am-6:30am

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
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 (Jackie) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 *Special* Total Core (Harry) 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 (Sarah)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Spring Special! Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Kristen) 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 (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Dorothy) 5:00 Strength Express (Chris) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Amanda F)	6:00 Yoga Strength (Amy) 6:00 Urban Strength @ Urban (Rick) 9:00 BOSU/TRX (Nicki) 9:35 *Special* Pilates (Nicki) 11:00 Lift & Shred (Amanda F) 12:15 Power Yoga (Amanda C)	7:00 **Cycle HIITS & Hills @ Urban (Sam) New name, new format, same time & place! 8:00 Urban Mix @ Urban (Sam) 8:30 Step (Ami) 9:30 Strength (Lindsey) 11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix @ Urban (Chris)
1	2	3	4	5	6/7
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Nicki) 4:15 Fat Blasting Intervals (Amanda F) 5:00 Abs Express (Tracie) 5:30 Combat HIITS (Tracie) 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 (Rick) 4:15 Strength (Amy) 5:00 Step Intervals (Ami) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda F.) 6:00 ** Cycle @ Urban (Sam) 7:30 Spring Special! Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Kristen) 4:15 PiYo Strength (Tracie) 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 (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Dorothy) 5:00 Strength Express (Dorothy) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Sam)	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 (Cindy) 9:30 Strength (Trina) **Special** Kid Yoga @ BAC (Cheryl) 10:30 Grades K-2 11:15 Grades 3-6 8:00 **Cycle 90 (Sam) \$10 for members 11:15 Sculpt PiYo (Rexann)
8	9	10	11	11	12
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 (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 (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 Spring Special! 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 (Tracie) 9:00 Step/Strength (Ami) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey/Eric) 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 Intervals (Nicki) 9:30 Strength (Rexann) 9:30 **Yoga 90 (Kelly) \$10 for members 11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix @ Urban (Nicki)
15	16	17	17	18	19
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 (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 (Eric) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Spring Special! Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Kristen) 4:15 PiYo Strength (Tracie) 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 (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Eric/Lindsey) 5:00 Strength Express (Chris) 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 (Jackie) 8:00 Urban Mix @ Urban (Jackie) 8:30 Step (Ami) 9:30 Strength (Rexann) 11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix @ Urban (Chris)
22	23	24	24	25	26
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 (Rick) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Nicki) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Amy) 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 (Sarah)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Spring Special! Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Tracie) 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 (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Eric/Lindsey) 5:00 Strength Express (Chris) 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)	New name, new format, same time & place! Introducing: Cycle HIITS & Hills Every Saturday at 7:00am. Call 989.356.5600 to reserve your bike!
29	29	30	31	25	27/28
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 (Rick) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Nicki) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Amy) 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)	6:00 Turbo Strength (Amanda F.) 6:00 **Cycle @ Urban (Sam) 7:30 Spring Special! Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Tracie) 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 (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Eric/Lindsey) 5:00 Strength Express (Chris) 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 (Jackie) 8:00 Urban Mix @ Urban (Jackie) 8:30 Step (Ami) 9:30 Strength (Rexann) 11:15 Sculpt PiYo (Rexann) 5:00 Urban Mix @ Urban (Chris)



BAC Open 7:30am-1:00pm

9:00 *Memorial Day Meltdown* Urban Mix @ Urban (Lindsey)

FAST TRACK YOUR RESULTS IN MAY!

Try one of our bootcamps, Yoga 90, or Cycle 90!