

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



Get Fit. Have Fun.



AUGUST

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>**Class Sign-ups required for Monday TRX @ Urban & All Cycle Classes!</p> <p>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 (Lindsey) 5:00 Step Intervals (Ami) 5:30 Urban Mix HARDCORE (Lindsey) 5:35 Lift & Shred (Sam) 6:30 Balletone Express (Lara)</p>	<p>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 (Lindsey) 5:00 Step Intervals (Ami) 5:30 Urban Mix HARDCORE (Lindsey) 5:35 Lift & Shred (Sam) 6:30 Balletone Express (Lara)</p>	<p>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 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) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey) 5:00 Strength Express (Rick) 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 F) 8:00 Urban Mix @ Urban (Amanda F) 8:30 Step (Ami) 9:30 Strength (Amy)</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 F) 5:00 Abs Express (Jackie) 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 (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) 6:30 Balletone Express (Lara)</p>	<p>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 (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) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Lindsey) 5:00 Strength Express (Rick) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Amanda F)</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 (Tracie) 8:30 Yoga on the Beach (Amy) *weather permitting 8:30 Step (Cindy) 9:30 Strength (Rexann)</p>
<p>6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Jackie) 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)</p>	<p>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) 6:30 Balletone Express (Lara)</p>	<p>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 (Rexann) 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) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 Core Power (Dorothy) 5:00 Strength Express (Rick) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Jackie)</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 (Sam) 8:00 Urban Mix @ Urban (Sam) Group EXtravaganza 9:35 Balletone (Lara) 8:30 Round 1 9:30 Round 2 <i>Flip this calendar over for more details!</i> 8:00 Urban Mix @ Urban (Andrew) 11:15 Sculpt PiYo (Rexann)</p>
<p>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 Combat HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)</p>	<p>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) 6:30 Balletone Express (Lara)</p>	<p>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 (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 Core Power (Dorothy) 5:00 Strength Express (Lindsey) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Sam)</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 (Meag) 5:30 Sweat for a Cause @ Urban (Rick) <i>Suggested \$5 donation to support Tunnel To Towers</i></p>	<p>7:00 **Cycle HIITS & Hills @ Urban (Amanda F) 8:00 Urban Mix @ Urban (Amanda F) 8:30 Step (Ami) 8:30 Yoga on the Beach (Cheryl) *weather permitting 9:30 Strength (Trina)</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 (Amanda F.) 5:00 Abs Express (Jackie) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Jean)</p>	<p>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) 6:30 Balletone Express (Lara)</p>	<p>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 Urban Strength (Lindsey) 6:30 Yoga (Amy)</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 Core Power (Lindsey) 5:00 Strength Express (Chris) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Dorothy) 5:30 Paddle with Team BAC</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 (Meag)</p>	<p>8:00 Urban Mix @ Urban (Andrew) 11:15 Sculpt PiYo (Jackie)</p>

Bring your own paddleboard or kayak (and personal flotation device) and meet us at Rotary Park!

