

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



Get Fit. Have Fun.



SEPTEMBER

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



Kicks off Monday, Sept 11th and runs until Thursday, Sept 28th! Your choice of 11am or 7:30pm.



Kicks off Tuesday, Sept 5th! Sign up with a buddy and start collecting points for a chance to win a night on the town with your buddy!

****Class Sign-ups required for**

Monday TRX @ Urban & All Cycle Classes!

6:00 Yoga Strength on the Ball (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)

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

Fall class time change!

11:15 Sculpt PiYo (Rexann)
5:00 Urban Mix (Andrew)

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BAC Open 7:30-1:00pm

9:00 Fat Blasting Intervals (Lindsey)

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 (Sam)

6:00 Turbo Strength (Amanda)
 6:00 **** Cycle @ Urban (Sam)**
 7:30 Total Core (Harry)
 9:00 Pilates Flow (Kelly)
 12:15 Pilates Express (Kristen)
4:15 Sculpt PiYo on the Ball (Kristen)
 5:00 Pilates Express (Dana)
 5:30 Fat Blasting Intervals (Rick)
 5:30 Urban Strength (Lindsey)

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

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)

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

11:15 Sculpt PiYo (Rexann)
5:00 Urban Mix (Andrew)

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9/10

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 ****TRX @ Urban (Rick)**
 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 TRX Core Power Express (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)
 6:00 ****Cycle @ Urban (Sam)**
 7:30 Total Core (Harry)
 9:00 Pilates Flow (Kristen)
 12:15 Pilates Express (Trina)
 4:15 Sculpt PiYo (Cheryl)
 5:00 Pilates Express (Dana)
 5:30 Fat Blasting Intervals (Lindsey)
 5:30 Urban Strength (Eric)

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

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

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 (Ami)
 9:30 Strength (Rexann)

11:15 Sculpt PiYo (Rexann)
5:00 Urban Mix (Andrew)

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

6:00 Turbo Strength (Amanda)
 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)

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

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)

7:00 ****Cycle BURN @ Urban (Lindsey)**
 8:00 Urban Mix @ Urban (Lindsey)
 8:30 Step (Ami)
 9:30 Strength (Rick)
****Special** Kids* Yoga @ BAC (Cheryl)**
 10:30 Grades K-2

11:15 Grades 3-6
 11:15 Sculpt PiYo (Rexann)
5:00 Urban Mix (Andrew)

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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 (Jackie)
 5:00 Abs Express (Jackie)
 5:30 Turbo HIITS (Amanda)
 5:30 ****TRX @ Urban (Rick)**
 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 TRX Core Power Express (Dana)
 4:15 Strength (Amy)
 5:00 Step Intervals (Cindy)
 5:30 Urban Mix **HARDCORE** (Rick)
 5:35 Lift & Shred (Amanda)

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)

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

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)
5:30 Sweat for a Cause @ Urban (Lindsey)
Suggested \$5 donation to support
 Zonta Walks

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

11:15 Sculpt PiYo (Rexann)
5:00 Urban Mix (Andrew)

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