

Hours:

Mon-Thu 5:30am-8:30pm
Friday 5:30am-7:30pm
Saturday 7:30am-4:00pm
Sunday 11:00am-5:00pm

****Some classes require advanced sign-up. Call us at 989.356.5600 to reserve your spot!**

monday

6:00 Body Blast (Lindsey)
7:30 Body Blast (Amy)
9:00 Body Blast (Lindsey)
10:00 Happy Kids (Courtney)
12:15 Strength Express (Tracie)
4:15 Body Blast (Chris)
5:00 Abs Express (Jackie)
5:30 Turbo (Trina)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Cheryl) **7**

6:00 Body Blast (Lindsey)
7:30 Step/Strength (Cindy)
9:00 Body Blast (Tracie)
10:00 Happy Kids (Courtney)
12:15 Strength Express (Amy)
4:15 Body Blast (Sarah)
5:00 Abs Express (Jackie)
5:30 Combat (Trina)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Cheryl) **14**

6:00 Body Blast (Lindsey)
7:30 Step/Strength (Cindy)
9:00 Body Blast (Lindsey)
10:00 Happy Kids (Courtney)
12:15 Strength Express (Amy)
4:15 Body Blast (Rick)
5:00 Abs Express (Jackie)
5:30 Combat (Dorothy)
5:30 **TRX @ Urban (Rick)
6:30 Yoga @ Urban (Cheryl) **21**



MEMORIAL DAY
BAC Open 7:30-1:00

9:00 Memorial Day Meltdown (Rick)
in the BAC Studio

28

tuesday

6:00 Strength Circuit (Rick)
7:30 Yoga (Kelly)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Dana)
4:15 Strength (Amy)
5:00 Step (Dorothy)
5:35 Lift & Shred (Sarah)
5:30 Urban Mix HARDCORE (Rick)
6:30 Ballet Fit Express (Lara) **1**

6:00 Strength Circuit (Rick)
7:30 Yoga (Kelly)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Dana)
4:15 Strength (Rick)
5:00 Step (Ami)
5:35 Lift & Shred (Sarah)
5:30 Urban Mix HARDCORE (Lindsey)
6:30 Ballet Fit Express (Lara) **8**

6:00 Strength Circuit (Rick)
7:30 Yoga (Kelly)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Dana)
4:15 Strength (Amy)
5:00 Step (Dorothy)
5:35 Lift & Shred (Sarah)
5:30 Urban Mix HARDCORE (Eric)
6:30 Ballet Fit Express (Lara) **15**

6:00 Strength Circuit (Rick)
7:30 Yoga (Amy)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Dana)
4:15 Strength (Amy)
5:00 Step (Dorothy)
5:35 Lift & Shred (Sarah)
5:30 Urban Mix HARDCORE (Rick)
6:30 Ballet Fit Express (Lara) **22**

6:00 Strength Circuit (Rick)
7:30 Yoga (Amy)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Dana)
4:15 Strength (Amy)
5:00 Step (Dorothy)
5:35 Lift & Shred (Sarah)
5:30 Urban Mix HARDCORE (Lindsey)
6:30 Ballet Fit Express (Lara) **29**

wednesday

6:00 Turbo Strength (Tracie)
6:00 **Urban Ride (Sam)
7:30 Abs (Cindy)
9:00 Pilates (Kelly)
12:15 Pilates Express (Trina)
4:15 Power Yoga (Meag)
5:00 Pilates Express (Dana)
5:30 Body Blast (Rick)
5:30 Urban Strength (Lindsey)
6:30 Yoga (Meag) **2**

6:00 Turbo Strength (Tracie)
6:00 **Urban Ride (Sam)
7:30 Abs (Tracie)
9:00 Pilates (Kelly)
12:15 Pilates Express (Kelly)
4:15 Power Yoga (Cheryl)
5:00 Pilates Express (Dana)
5:30 Body Blast (Rick)
5:30 Urban Strength (Lindsey)
6:30 Yoga (Amy) **9**

6:00 Turbo Strength (Tracie)
6:00 **Urban Ride (Sam)
7:30 Abs (Cindy)
9:00 Pilates (Kelly)
12:15 Pilates Express (Trina)
4:15 Power Yoga (Cheryl)
5:00 Pilates Express (Dana)
5:30 Body Blast (Rick)
5:30 Urban Strength (Lindsey)
6:30 Yoga (Meag) **16**

6:00 Turbo Strength (Tracie)
6:00 **Urban Ride (Sam)
7:30 Abs (Cindy)
9:00 Pilates (Kelly)
12:15 Pilates Express (Kelly)
4:15 Power Yoga (Cheryl)
5:00 Pilates Express (Dana)
5:30 Body Blast (Rick)
5:30 Urban Strength (Lindsey)
6:30 Yoga (Amy) **23**

6:00 Turbo Strength (Tracie)
6:00 **Urban Ride (Sam)
7:30 Abs (Cindy)
9:00 Pilates (Tracie)
12:15 Pilates Express (Trina)
4:15 Power Yoga (Cheryl)
5:00 Pilates Express (Dana)
5:30 Body Blast (Rick)
5:30 Urban Strength (Lindsey)
6:30 Yoga (Meag) **30**

thursday

6:00 Body Blast (Tracie)
9:00 Step/Strength (Ami)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Lindsey)
4:15 Body Blast (Lindsey)
5:00 Strength Express (Lindsey/Dan)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Eric) **3**

6:00 Body Blast (Rick)
9:00 Step/Strength (Ami)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Lindsey)
4:15 Body Blast (Chris)
5:00 Strength Express (Lindsey/Dan)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Dorothy) **10**

6:00 Body Blast (Tracie)
9:00 Step/Strength (Ami)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Lindsey)
4:15 Body Blast (Chris)
5:00 Strength Express (Rick/Dan)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Dorothy) **17**

6:00 Body Blast (Tracie)
9:00 Step/Strength (Ami)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Lindsey)
4:15 Body Blast (Lindsey)
5:00 Strength Express (Rick/Dan)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Dorothy) **24**

6:00 Body Blast (Tracie)
9:00 Step/Strength (Ami)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Lindsey)
4:15 Body Blast (Chris)
5:00 Strength Express (Rick/Dan)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Dorothy) **31**

friday

6:00 Power Yoga (Amy)
6:00 Urban Strength (Lindsey)
9:00 Strength Circuit (Lara)
9:35 Ballet Fit (Lara)
11:00 Lift & Shred (Sarah)
12:15 Power Yoga (Lara) **4**

6:00 Power Yoga (Amy)
6:00 Urban Strength (Rick)
9:00 Strength Circuit (Lara)
9:35 Ballet Fit (Lara)
11:00 Lift & Shred (Trina)
12:15 Power Yoga (Kelly) **11**

6:00 Power Yoga (Amy)
6:00 Urban Strength (Rick)
9:00 Strength Circuit (Lara)
9:35 Ballet Fit (Lara)
11:00 Lift & Shred (Rick)
12:15 Power Yoga (Kelly)
5:30 **Sweat for a Cause** (Eric)
@Urban. Suggested
\$5 donation to support
Friends Together! **18**

6:00 Power Yoga (Amy)
6:00 Urban Strength (Rick)
9:00 Strength Circuit (Lara)
9:35 Ballet Fit (Lara)
11:00 Lift & Shred (Sarah)
12:15 Power Yoga (Kelly) **25**

saturday/sunday

7:00 **Urban Ride (Tracie)
8:00 Urban Mix (Eric)
8:30 Step (Ami)
9:30 Strength (Trina) **5**

11:15 PiYo (Rexann) **6**

7:00 **Urban Ride (Jackie)
8:00 Urban Mix (Lindsey)
8:30 Step (Ami)
9:30 Strength (Amy) **12**

8:30 **Cycle 90 (Sam) ☆
11:15 PiYo (Rexann) **13**

7:00 **Urban Ride (Sam)
8:00 Urban Mix (Sam)
8:30 Step (Cindy)
9:30 Strength (Trina) **19**

11:15 PiYo (Kristen) **20**

7:00 **Urban Ride (Tracie)
8:00 Urban Mix (Tracie)
8:30 Step (Ami)
9:30 Strength (Lindsey) **26**

11:15 PiYo (Rexann) **27**

May  **ATHLETIC CLUB**
GROUP EX