

**saturday/sunday**

**monday**

6:00 Body Blast (Lindsey)  
7:30 Body Blast (Cindy)  
9:00 Body Blast (Tracie)  
10:00 Happy Kids (Courtney)  
12:15 Strength Express (Lindsey)  
4:15 Body Blast (Amanda)  
5:00 Abs Express (Jackie)  
5:30 Turbo Strength (Tracie)  
5:30 \*\*TRX @ Urban (Rick)  
6:30 Yoga @ Urban (Cheryl) **2**

**tuesday**

6:00 Strength Circuits (Rick)  
7:30 Yoga (Amy)  
9:00 PiYo Strength (Tracie)  
10:00 Simply Fit (Bernie)  
10:00 Wildcat Sweat\* @Urban (Lindsey)  
12:15 Body Blast Express (Ami L)  
4:15 Strength (Amy)  
5:00 Step Express (Ami)  
5:35 Lift & Shred (Sarah)  
5:30 Urban Mix HARDCORE (Rick)  
6:30 Ballet Fit Express (Lara) **3**

**wednesday**

**BAC Open**  
**7:30-1:00pm**  
**\*4th of July Special\***  
**Members may bring a**  
**guest for free!**  
**8:00 Stars, Stripes, & Sweat**  
**for a Cause (Jackie)**  
**@ Bay Urban Fitness** **4**

**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 (Rex)  
5:30 CIZE (Sarah)  
5:30 \*\*Urban Ride/Strength(Sam)

**5**

**friday**

6:00 Power Yoga (Amy)  
6:00 Urban Strength (Rick)  
9:00 Strength Circuits (Lara)  
9:35 Ballet Fit (Lara)  
10:00 Wildcat Sweat\* @Urban (Rick)  
11:00 Lift & Shred (Amanda)  
12:15 Power Yoga Express(Kelly)

**6**

11:15 PiYo (Rexann) **1**

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

11:15 PiYo (Rexann) **8**

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

6:00 Strength Circuits (Rick)  
7:30 Yoga (Kelly)  
9:00 PiYo Strength (Tracie)  
10:00 Simply Fit (Bernie)  
10:00 Wildcat Sweat\* @Urban (Rick)  
12:15 Body Blast Express (Ami L)  
4:15 Strength (Amy)  
5:00 Step Express (Dorothy)  
5:35 Lift & Shred (Sarah)  
5:30 Urban Mix HARDCORE (Lindsey)  
6:30 Ballet Fit Express (Lara) **10**

6:00 Lift & Shred (Amy)  
6:00 \*\*Urban Ride (Sam)  
7:30 Abs (Rick)  
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) **11**

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 (Rex)  
5:30 CIZE (Sarah)  
5:30 \*\*Urban Ride/Strength(Dorothy)

**12**

6:00 Power Yoga (Amy)  
6:00 Urban Strength (Rick)  
9:00 Strength Circuits (Lara)  
9:35 Ballet Fit (Lara)  
10:00 Wildcat Sweat\* @Urban (Lindsey)  
11:00 Lift & Shred (Amanda)  
12:15 Power Yoga Express(Kelly)

**13**

7:00 \*\*Urban Ride (Sam)  
8:00 Urban Mix (Sam)  
8:30 Step (Ami)  
9:30 Strength (Lindsey) **14**

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

6:00 Body Blast (Lindsey)  
7:30 Step/Strength (Cindy)  
9:00 Body Blast (Tracie)  
10:00 Happy Kids (Courtney)  
12:15 Strength Express (Lindsey)  
4:15 Body Blast (Amanda)  
5:00 Abs Express (Jackie)  
5:30 Combat (Dorothy)  
5:30 \*\*TRX @ Urban (Rick)  
6:30 Yoga @ Urban (Cheryl) **16**

6:00 Strength Circuits (Rick)  
7:30 Yoga (Amy)  
9:00 PiYo Strength (Tracie)  
10:00 Simply Fit (Bernie)  
10:00 Wildcat Sweat\* @Urban (Lindsey)  
12:15 Body Blast Express (Amy S)  
4:15 Strength (Amy)  
5:00 Step Express (Dorothy)  
5:35 Lift & Shred (Sarah)  
5:30 Urban Mix HARDCORE (Eric)  
6:30 Ballet Fit Express (Lara) **17**

6:00 Lift & Shred (Amy)  
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 (Meag) **18**

6:00 Body Blast (Lindsey)  
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 (Rex)  
5:30 Ballet Fit (Lara)  
5:30 \*\*Urban Ride/Strength(Dorothy)

**19**

6:00 Power Yoga (Amy)  
6:00 Urban Strength (Rick)  
9:00 Strength Circuits (Lara)  
9:35 Ballet Fit (Lara)  
10:00 Wildcat Sweat\* @Urban (Rick)  
11:00 Lift & Shred (Amanda)  
12:15 Power Yoga Express(Kelly)

**20**

7:00 \*\*Urban Ride (Amanda)  
8:00 Urban Mix (Amanda)  
8:30 Step (Ami)  
9:00 **Yoga on the Beach (Amy)**  
Starlite Beach  
9:30 Strength (Trina) **21**

11:15 PiYo (Rexann) **22**

6:00 Body Blast (Lindsey)  
7:30 Step/Strength (Cindy)  
9:00 Body Blast (Lindsey)  
10:00 Happy Kids (Courtney)  
12:15 Strength Express (Tracie)  
4:15 Body Blast (Rick)  
5:00 Abs Express (Jackie)  
5:30 Combat (Trina)  
5:30 \*\*TRX @ Urban (Rick)  
6:30 Yoga @ Urban (Cheryl) **23**

6:00 Strength Circuits (Rick)  
7:30 Yoga (Kelly)  
9:00 PiYo Strength (Tracie)  
10:00 Simply Fit (Bernie)  
10:00 Wildcat Sweat\* @Urban (Lindsey)  
12:15 Body Blast Express (Ami L)  
4:15 Strength (Lindsey)  
5:00 Step Express (Dorothy)  
5:35 Lift & Shred (Amy)  
5:30 Urban Mix HARDCORE (Eric)  
6:30 Ballet Fit Express (Lara) **24**

6:00 Lift & Shred (Amy)  
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 (Tracie)  
5:30 Body Blast (Rick)  
5:30 Urban Strength (Lindsey)  
6:30 Yoga (Amy) **25**

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 (Rex)  
5:30 CIZE (Sarah)  
5:30 \*\*Urban Ride/Strength(Dorothy)

**26**

6:00 Power Yoga (Amy)  
6:00 Urban Strength (Rick)  
9:00 Strength Circuits (Lara)  
9:35 Ballet Fit (Lara)  
10:00 Wildcat Sweat\* @Urban (Rick)  
11:00 Lift & Shred (Sarah)  
12:15 Power Yoga Express(Kelly)

**27**

7:00 \*\*Urban Ride (Jackie)  
8:00 Urban Mix (Jackie)  
8:30 Step (Ami)  
9:00 **Family Beach Yoga (Cheryl)**  
Starlite Beach  
\*members free \$5 non  
9:30 Strength (Rick) **28**

11:15 PiYo (Rexann) **29**

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

6:00 Strength Circuits (Rick)  
7:30 Yoga (Amy)  
9:00 PiYo Strength (Tracie)  
10:00 Simply Fit (Bernie)  
10:00 Wildcat Sweat\* @Urban (Lindsey)  
12:15 Body Blast Express (Amy S)  
4:15 Strength (Amy)  
5:00 Step Express (Dorothy)  
5:35 Lift & Shred (Sarah)  
5:30 Urban Mix HARDCORE (Rick)  
6:30 Ballet Fit Express (Cheryl) **31**

**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!**

