

# Your week at Bay Athletic Club

Recipe for results: Incorporate at least one class from each of the following categories into your weekly routine

## BURN

Burn classes will leave your heart pumping and fat shredding. Designed to keep your heart rate up, these classes will feature cardio moves combined with strategic strength exercises.

**Body Blast**  
**CIZE**  
**Combat**  
**Step**  
**Turbo**  
**Urban Mix**  
**Urban Mix HARDCORE**  
**Urban Ride**

## STRENGTHEN

Regular strength training has benefits for everyone. Whether you're looking to build strength, tone up, or improve your health, we have a strength-based class for you!

**Abs**  
**Lift & Shred**  
**Strength**  
**Strength Circuit**  
**TRX**  
**Urban Strength**

## TONE

These classes will help you increase your flexibility and strength as well as improve your posture and balance. Tone classes are low-impact and

**Ballet Fit**  
**Pilates**  
**PiYo**  
**Power Yoga**

## RELEASE

Release tight muscles and joints, improve balance and flexibility, all while rejuvenating your mind in one of our five weekly Yoga classes!

**Yoga**

# JULY SPECIAL EVENTS



July 9th-26th

**Experience the great outdoors in one of our most popular bootcamps!**

This 3 week program will feature outdoor locations all around town! Join this camp to improve your strength and endurance while losing weight and inches. \$50 members, \$75 non.

Meets Mon, Tues, Thurs at 6am or 6:30pm.

Email [Courtney@bayathleticclub.com](mailto:Courtney@bayathleticclub.com) to sign-up!



**Body Beauty** kicks off Monday, July 9th! 11:00 am

Meets Mon, Wed, Thur until July 26th. Includes nutritional support, fitness homework, accountability, form and technique tips, 5 custom shakeology shakes, and gifts of recognition!

Call 356.5600 to reserve your bar or email [Courtney@bayathleticclub.com](mailto:Courtney@bayathleticclub.com)



Our monthly **Sweat for a Cause** event will be held on Wednesday, July 4th at 8:00am!

Bring a friend and meet trainer, Jackie Clearwood at Bay Urban Fitness for an Urban Mix, circuit-style workout party! Open to all (13+). Suggested \$5 donation. All proceeds to benefit **Maritime Festival!**



Monday, July 23rd to Thursday, July 26th. Meets at 7:30am at Bay Urban Fitness.

\$25 for members \$35 non-members. Sign-up by calling 356.5600.

This 3-day Urban Yoga will use power yoga and Pilates to firm, balance and stretch like nothing else. No yoga experience required. Change up your routine or add to your existing practice with these yoga sessions.



July 21st

Treat your mind and body to a sunrise beach Yoga on Saturday, July 21st at 9:00am with Amy Schultz! Meet at Starlite Beach. Weather permitting. Free for members!

**Family Class!**

**Saturday**  
**July 28th**

Yoga on the Beach- Family Edition! Join Cheryl Mack at Starlite Beach for a family Yoga flow. 9:00am. Weather permitting. Free for members, \$5 per family for non-members



Pick up your Group Ex Rocks card at the front desk today! Complete 12 boxes (12 classes) in July and you'll earn a T-shirt!



July 31st-Aug 2nd

This 3-day specialty camp will feature heavy bags, paddles, and combat-style circuit training! \$25 for members \$35 non-members. Sign-up by calling 356.5600.