

# 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**

# SPECIAL EVENTS



**Urban Challenge** kicks off Monday, April 9th! Choose your camp time: 6am, 12pm, or 6:30pm.

This is for those comfortable with Group Fitness classes looking to ramp up their strength, endurance, and results! Camp is based on 4 pillars: fitness, fuel, team, and toughness and will challenge you both mentally and physically. Meets Mon, Tue, Thur until April 26th.

Call 989.356.5600 or email [Meag@bayathleticclub.com](mailto:Meag@bayathleticclub.com) to sign-up!



**Body Beauty** kicks off Monday, April 9th! Choose your camp time: 11am or 7:30pm.

Meets Mon, Wed, Thur until April 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 [Meag@bayathleticclub.com](mailto:Meag@bayathleticclub.com)!



Our monthly **Sweat for a Cause** event will be held on Friday, April 20th at 5:30pm!

Bring a friend and meet trainer, Sam Kendziorski at Bay Urban Fitness for an Urban Mix, circuit-style workout party! Open to all (13+). Suggested \$5 donation. All proceeds to benefit the **Make-A-Wish Foundation!**



Monday, April 30th to Thursday, May 3rd. Meets at 6:00am at Bay Urban Fitness.

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

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 45 minute yoga sessions. New cleansing 3 day food guide included.



Cycle 90 will be held on Sunday, April 8th at 8:30am at Bay Urban!

\$10 for members. Sign-up by calling 356.5600.

This specialty 90-minute workshop is perfect for those looking to take their indoor cycling to the next level! Cycle Instructor, Sam Kendziorski will be leading a FUN 90's themed ride! Space is limited- sign-up now!



Tuesday, May 1st to Thursday, May 3rd. Choose from noon or 6:30pm.

This 3-day specialty camp will feature heavy bags, paddles, and combat-style circuit training!

\$25 for members \$35 non-members. Space is limited so act now! Sign-up by calling 356.5600.