

JANUARY 2019

Group Ex

Tuesday

EAC OPEN
7:30am to 1:00pm

9:00 New Year Blast (Courtney)
~BAC Studio~



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Wednesday

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 (Dana)
5:30 Body Blast (Courtney)
5:30 Urban Strength (Eric)
6:30 Yoga (Amy)

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Thursday

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

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Friday

6:00 Power Yoga (Amy)
6:00 Urban Strength (Rick)
9:00 Strength Circuits (Lara)
9:35 Ballet Fit (Lara)
11:00 Lift & Shred (Amanda)
12:15 Power Yoga Express (Kelly)
5:30 Pound Party! @ Urban (Ami)

4

Saturday/Sunday

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

5

11:15 PiYo (Sarah)

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Monday

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

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6:00 Strength Circuits (Rick)
7:30 NEW FORMAT: Yoga Release (Kelly)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Ami)
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)

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6:00 Lift & Shred (Tracie)
6:00 *Urban Ride (Sam)
7:30 Abs (Tracie)
9:00 Pilates (Kelly)
12:15 Pilates Express (Trina)
4:15 Power Yoga (Lara)
5:00 Pilates Express (Dana)
5:30 Body Blast (Courtney)
5:30 Urban Strength (Chris)
6:30 Yoga (Meag)

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

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6:00 Power Yoga (Amy)
6:00 Urban Strength (Rick)
9:00 Strength Circuits (Chris)
9:35 Power Yoga (Kelly)
11:00 Lift & Shred (Amanda)
12:15 Power Yoga Express (Kelly)

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7:00 *Urban Ride (Jackie)
8:00 Urban Mix (Andrew)
8:30 Step (Dorothy)
9:30 Strength (Amy)

12

11:15 PiYo (Sarah)

13

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

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

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Happy 13th Birthday, EAC!
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 (Courtney)
5:30 Urban Strength (Eric)
6:30 Yoga (Amy)

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

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6:00 Power Yoga (Amy)
6:00 Urban Strength (Rick)
9:00 Strength Circuits (Lara)
9:35 Ballet Fit (Lara)
11:00 Lift & Shred (Amanda)
12:15 Power Yoga Express (Kelly)
5:30pm **SWEAT FOR A CAUSE**
POUND PARTY @ Urban (Ami)
To benefit Alpena High School PE Dept.
Suggested donation, \$5

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7:00 *Urban Ride (Sam)
8:00 Urban Mix (Sam)
8:30 Step (Ami)
9:30 Strength (Trina)
***Fitness Inspired Gala**
Com. You're invited!

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11:15 PiYo (Sarah)

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

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6:00 Strength Circuits (Rick)
7:30 Yoga Release (Kelly)
9:00 PiYo Strength (Tracie)
10:00 Simply Fit (Bernie)
12:15 Body Blast Express (Ami)
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)

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6:30 Yoga (Meag)

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12:15 Body Blast Express (Courtney)
4:15 Body Blast (Chris)
5:00 Strength Express (Chris)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Dorothy)

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

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

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11:15 PiYo (Rexann)

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6:00 Body Blast (Courtney)
7:30 Step/Strength (Cindy)
9:00 Body Blast (Amanda)
12:15 Strength Express (Courtney)
4:15 Body Blast (Amanda)
5:00 Abs Express (Jackie)
5:30 Combat (Trina)
5:30 *TRX @ Urban (Rick/Jerome)
6:30 Yoga @ Urban (Cheryl)

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6:00 Strength Circuits (Rick)
7:30 Yoga Release (Amy)
9:00 PiYo Strength (Sarah)
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5:35 Lift & Shred (Sarah)
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5:00 Strength Express (Amanda)
5:30 CIZE (Sarah)
5:30 **Urban Ride/Strength (Dorothy)

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

Hours:

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

