






July 2021 BAC Group Exercise: Live and Virtual

989-356-5600
 BayAthleticClub.com
 FB: BayAthleticClub

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	HOURS Monday-Thursday: 5:30am to 8:30pm Friday: 5:30am to 7:30pm Saturday: 7:30am to 2:00pm Sunday: 9:30am to 2:00pm	BAC Group Fitness Studio Live and Virtual are included in all memberships https://zoom.us/j/366088705 Passcode: BAC			1 6:00 AM Body Blast, Tracie 9:00 AM Step/Strength, Amanda 12:15 PM Body Blast, Kelly 4:30 PM PiYo, Sarah 5:30 PM Zumba, Lisa	2 6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly	3 8:30 AM Step, Cindy 9:30 AM Strength, Trina
4 9:30 AM 4th of July HOLIDAY BLAST, Amanda  Normal hours: 9:30am to 2:00pm	5 6:00 AM Strength, Nicki 9:00 AM Body Blast, Rex 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Amanda	6 6:00 AM Body Blast, Courtney 9:00 AM PiYo, Tracie 12:15 PM Strength, Sarah 4:30 PM Arms & Abs, Amanda 5:30 PM Combat HIITS, Dorothy	7 6:00 AM Core Cardio, Amy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah	8 6:00 AM Body Blast, Tracie 9:00 AM Step/Strength, Amanda 12:15 PM Body Blast, Kelly 4:30 PM PiYo, Sarah 5:30 PM Zumba, Lisa	9 6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly	10 8:30 AM Core Cardio, Amy 9:30 AM Strength, Trina	
11 10:15 AM PiYo, Amy	12 6:00 AM Strength, Courtney 9:00 AM Body Blast, Heidi 12:15 PM Core Cardio, Sarah 5:30 PM Turbo, Amanda	13 6:00 AM Body Blast, Courtney 9:00 AM PiYo, Cheryl 12:15 PM Strength, Sara Z 4:30 PM Arms & Abs, Amy 5:30 PM Combat HIITS, Dorothy	14 6:00 AM Core Cardio, Amy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Kelly 5:30 PM Lift & Shred, Cindy	15 6:00 AM Body Blast, Nicki 9:00 AM Step/Strength, Heidi 12:15 PM Body Blast, Kelly 4:30 PM PiYo, Rex 5:30 PM Zumba, Lisa	16 6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly	17 8:30 AM Turbo Blast, Sara 9:30 AM Strength, Dorothy	
18 10:15 AM PiYo, Rex	19 6:00 AM Strength, Cindy 9:00 AM Body Blast, Rex 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Amanda	20 6:00 AM Body Blast, Courtney 9:00 AM PiYo, Tracie 12:15 PM Strength, Sarah 4:30 PM Arms & Abs, Amanda 5:30 PM Combat HIITS, Dorothy	21 6:00 AM Core Cardio, Amy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah	22 6:00 AM Body Blast, Amy 9:00 AM Step/Strength, Amanda 12:15 PM Body Blast, Kelly 4:30 PM PiYo, Cheryl 5:30 PM Zumba, Lisa	23 6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly	24 8:30 AM Step, Lisa 9:30 AM Strength, Trina	
25 10:15 AM PiYo, Rex	26 6:00 AM Strength, Amy 9:00 AM Body Blast, Rex 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Sara	27 6:00 AM Body Blast, Courtney 9:00 AM PiYo, Tracie 12:15 PM Strength, Amanda 4:30 PM Arms & Abs, Sarah 5:30 PM Body Blast, Chris	28 6:00 AM Core Cardio, Cindy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah	29 6:00 AM Body Blast, Tracie 9:00 AM Step/Strength, Tracie 12:15 PM Body Blast, Courtney 4:30 PM PiYo, Sarah 5:30 PM Zumba, Lisa	30 6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Cheryl 5:30 PM Friday Night Dance: Let's Get Up, Lisa	31 8:30 AM Step, Lisa 8:30 AM Yoga on the Beach, Amy 9:30 AM Strength, Trina 	

July 2021 Bay Urban Fitness Specialty workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Bay Urban workouts are at our downtown location, 106 River St. Please use our easy pre-sign up and pre-pay on your account. Call 989-356-5600 or visit the BAC Campground on FB. VIP Ride and VIP Box \$20/month for members, \$50/guests Urban TRX, Urban Mix and Cycle/Strength \$5/class for members, \$10 for guests Ride 90 \$10 for members, \$15 for guests</p>				<p>1 ■ 5:30 PM Cycle/Strength, Tracie</p>	<p>2 NOTE: VIP Ride moved to Mon/Wed 6AM</p>	<p>3 ■ 8:00 AM Urban Mix, Nicki NOTE: No Saturday cycle in July, enjoy Urban Mix at a new time. 8AM</p>
<p>4 ■ 10:15 AM VIP Box, Trina VIP Box before the Holiday Parade! </p>	<p>5 ■ 6:00 AM VIP Ride, Tracie ■ 5:30 PM Urban TRX, Nicki</p>	<p>6</p>	<p>7 ■ 6:00 AM VIP Ride, Sam ■ 5:30 PM VIP Box, Trina</p>	<p>8 ■ 5:30 PM Cycle/Strength, Dorothy</p>	<p>9</p>	<p>10 ■ 8:00 AM Urban Mix, Nicki</p>
<p>11 ■ 10:15 AM VIP Box, Trina</p>	<p>12 ■ 6:00 AM VIP Ride, Tracie ■ 5:30 PM Urban TRX, Nicki</p>	<p>13</p>	<p>14 ■ 6:00 AM VIP Ride, Sam ■ 5:30 PM VIP Box, Dorothy</p>	<p>15 ■ 5:30 PM Cycle/Strength, Dorothy</p>	<p>16</p>	<p>17 ■ 8:00 AM Urban Mix, Nicki</p>
<p>18 ■ 8:00 AM Ride 90, Tracie ■ 10:15 AM VIP Box, Trina </p>	<p>19 ■ 6:00 AM VIP Ride, Tracie ■ 5:30 PM Urban TRX, Nicki</p>	<p>20</p>	<p>21 ■ 6:00 AM VIP Ride, Tracie ■ 5:30 PM VIP Box, Trina</p>	<p>22 ■ 5:30 PM Cycle/Strength, Heidi</p>	<p>23</p>	<p>24 ■ 8:00 AM Urban Mix, Nicki</p>
<p>25 ■ 10:15 AM VIP Box, Trina</p>	<p>26 ■ 6:00 AM VIP Ride, Tracie ■ 5:30 PM Urban TRX, Nicki</p>	<p>27</p>	<p>28 ■ 6:00 AM VIP Ride, Sam ■ 5:30 PM VIP Box, Trina</p>	<p>29 ■ 5:30 PM Cycle/Strength, Dorothy</p>	<p>30</p>	<p>31 ■ 8:00 AM Urban Mix, Nicki</p>