




January 2022 Group Exercise: Live and Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>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</p> <p>BAC Virtual Group Fitness Studio https://zoom.us/j/366088705 Passcode: BAC</p> <p>(989)-356-5600 BayAthleticClub.com FB: BayAthleticClub IG:@bayathleticclub</p>						<p>9:30 AM New Years Day Strength, Trina</p> <p>BAC is open 7:30 - 2:00</p> <p>Happy New Year!</p>
<p>10:15 AM PiYo, Rex</p>	<p>6:00 AM Strength, Noah 9:00 AM Body Blast, Erin 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Sara Z.</p>	<p>6:00 AM Body Blast, Courtney 9:00 AM PiYo, Tracie 12:15 PM Strength, Sarah 4:30 PM Arms & Abs, Freeland 5:30 PM Combat HIITS, Dorothy 6:30 PM Yoga, Cheryl</p>	<p>6:00 AM Core Cardio, Amy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah</p>	<p>6:00 AM Body Blast, Tracie 9:00 AM Step/Strength, Freeland 12:15 PM Body Blast, Kourtney 5:30 PM Zumba, Lisa</p>	<p>6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly</p>	<p>8:30 AM Step, Cindy 9:30 AM Strength, Trina</p>
<p>9:00 AM Soulful Sunday Yoga, Cheryl 10:15 AM PiYo, Cheryl</p>	<p>6:00 AM Strength, Cindy 9:00 AM Body Blast, Erin 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Sara Z.</p>	<p>6:00 AM Body Blast, Courtney 9:00 AM PiYo, Sarah 12:15 PM Strength, Sarah 4:30 PM Arms & Abs, Freeland 5:30 PM Combat HIITS, Dorothy 6:30 PM Yoga, Cheryl</p>	<p>6:00 AM Core Cardio, Amy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah</p>	<p>6:00 AM Body Blast, Kourtney 9:00 AM Step/Strength, Freeland 12:15 PM Body Blast, Kelly 5:30 PM Zumba, Lisa</p>	<p>6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly</p>	<p>8:30 AM Step, Dorothy 9:30 AM Strength, Trina</p>
<p>10:15 AM PiYo, Sarah</p> <p>Happy 16th Birthday BAC</p> 	<p>6:00 AM Strength, Sara Z. 9:00 AM Body Blast, Erin 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Freeland</p>	<p>6:00 AM Body Blast, Courtney 9:00 AM PiYo, Sarah 12:15 PM Strength, Chris 4:30 PM Arms & Abs, Freeland 5:30 PM Combat HIITS, Dorothy 6:30 PM Yoga, Amy</p>	<p>6:00 AM Core Cardio, Cindy 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah</p>	<p>6:00 AM Body Blast, Tracie 9:00 AM Step/Strength, Heidi 12:15 PM Body Blast, Kelly 5:30 PM Zumba, Lisa</p>	<p>6:00 AM Yoga, Cheryl 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly</p>	<p>8:30 AM Step, Lisa 9:30 AM Strength, Dorothy</p>
<p>9:00 AM Soulful Sunday Yoga, Cheryl 10:15 AM PiYo, Cheryl</p>	<p>6:00 AM Strength, Courtney 9:00 AM Body Blast, Freeland 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Freeland</p>	<p>6:00 AM Body Blast, Courtney 9:00 AM PiYo, Tracie 12:15 PM Strength, Sarah 4:30 PM Arms & Abs, Freeland 5:30 PM Combat HIITS, Dorothy 6:30 PM Yoga, Amy</p>	<p>6:00 AM Core Cardio, Nicki 9:00 AM Pilates, Kelly 12:15 PM Pilates, Trina 5:30 PM Lift & Shred, Sarah</p>	<p>6:00 AM Body Blast, Tracie 9:00 AM Step/Strength, Freeland 12:15 PM Body Blast, Kelly 5:30 PM Zumba, Lisa</p>	<p>6:00 AM Yoga, Amy 9:00 AM Turbo Blast, Sara 12:15 PM Power Yoga, Kelly</p>	<p>8:30 AM Step, Lisa 9:30 AM Strength, Trina</p>
<p>9:00 AM Soulful Sunday Yoga, Margaret 10:15 AM PiYo, Sarah</p>	<p>6:00 AM Strength, Cindy 9:00 AM Body Blast, Erin 12:15 PM Core Cardio, Amanda 5:30 PM Turbo, Sara Z.</p>	<p>21 DAY Slimdown  TRANSFORM YOUR BODY. WIN PRIZES.</p> <p>Join us for the 21 Day Simdown in January! Workouts are Monday, Wednesday, and Thursday at 6:30 PM at Bay Urban. Camp runs Jan 10th - 31st. Sign up in the Campground or call the front desk 356-5600.</p>				