

# January 2022

# Bay Urban Fitness

Sunday

Monday

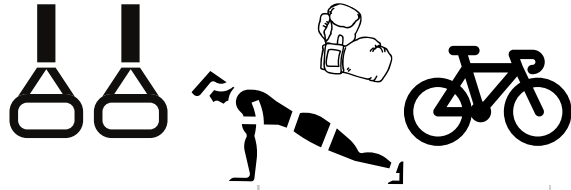
Tuesday

Wednesday

Thursday

Friday

Saturday



Bay Urban workouts are at our downtown location, 106 River St.  
 BAC Members can add on \$10 to their account for full, unlimited access to TRX, RIDE and MIX. Class sign up required. Space limited.  
 Call 989-356-5600 or visit the BAC Campground on FB.

8:00 AM New Years Day Urban Mix, Nicki  
*Happy New Year!*

2 10:15 AM Boxing, Kourtney	3 5:30 PM TRX, Nicki	4	5 5:30 PM NEW TIME: Urban Ride, Sam	6 5:30 PM Ride/Strength, Dorothy	7	8 7:00 AM Specialty New Year. Best You Ride, Tracie \$5 for members, \$10 for guests 8:00 AM Urban Mix, Nicki
9 10:15 AM Boxing, Trina	10 <b>NO TRX</b> <b>21 Day Slimdown Kickoff 6:30</b>	11	12 5:30 PM NEW TIME: Urban Ride, Sam	13 5:30 PM Ride/Strength, Dorothy	14	15 8:00 AM Urban Mix, Nicki
16 10:15 AM Boxing, Kourtney	17 5:30 PM TRX, Nicki	18	19 5:30 PM NEW TIME: Urban Ride, Sam	20 5:30 PM Ride/Strength, Dorothy	21	22 8:00 AM Urban Mix, Nicki
23 10:15 AM Boxing, Kourtney 11:30 AM Specialty Rock'n Ride, Dorothy - \$5 for members, \$10 for guests	24 5:30 PM TRX, Nicki	25	26 5:30 PM NEW TIME: Urban Ride, Sam	27 5:30 PM Ride/Strength, Dorothy	28	29 8:00 AM Urban Mix, Nicki
30 10:15 AM Boxing, Trina	31 5:30 PM TRX, Cheryl					

Join us for the 21 Day Simdown in Jaunuary!  
 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.