

BAC group exercise class schedule 9.27-10.2

Monday

- 5:30am BodyPump (Kelly)
- 9:15am BodyCombat (Jill)
- 10:30am Core & Stretch
- 12:15pm GRIT paid *SGT
- 1:45pm Gentle Yoga (Emma)
- 4:30pm BodyPump (Jamie)
- 5:30pm RPM (Charlie)

Tuesday

- 5:30am Sprint (Kelly)
- 9:15am BodyPump (Barb&Meg)
- 12:15pm Sprint (Laura)
- 12:15pm Core (Laura)
- 1:30pm Stretch & Tone (A.J.)
- 5:30pm BodyFlow (Jill)

Wednesday

- 5:30am BodyPump (Kelly)
- 9:15am BodyAttack (Meg&Barb)
- 12:15 BodyPump (Jill)
- 1:30 Balance & Drum (AJ)
- 4:30pm BodyPump (Charlie)
- 5:30pm BodyCombat (Doug)

Thursday

- 5:30am Sprint (Jennifer)
- 5:30am GRIT paid *SGT
- 9:15am BodyPump (Meg & Barb)
- 12:15pm SPRINT (Jamie)
- 1:30pm Stretch & Tone (AJ)
- 5:30pm BodyFlow (Jill)



Friday

- 5:30am Tone (Marti)
- 9:15am BodyCombat (Jill)
- 12:15pm BodyFlow (Jill)
- 1:30pm ZUMBA Gold (AJ)

Saturday

- 7:30am BodyPump (Kelly) 45 mins
- 8:30am BodyCombat (Doug)
- 9:30a.m. RPM (Charlie)

Sunday

club open 7a-3p!!

*SGT = small group personal training, sign up at the service desk. Drop-ins welcomed.

