

July 2016: BYBF Memberships include **1 FREE Personal Training session!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Help us celebrate the upcoming 2016 Rio Olympics by training like an Olympic athlete all month long! Ask today about details on our 3 Sport Specific clinics...</p>					1	2 HIIT Boot Camp 8:30am-Brian Boot Camp FUN-damentals 12pm-Brian
3	 NO Kettle Rope-X	4 Boot Camp FUN-Damentals 6:00am-Brian NO Spin Cycle	5 Athletic Conditioning and Performance 6:30pm-Adam	6 HIIT Boot Camp 6:00am- Brian NO Power Hour Boot Camp	7 8	9 SPECIAL EVENT! New You & BYBF DOUBLE BOOT CAMP @ 8:30am NO 12pm Boot Camp
10	11 Kettle Rope-X 6:30pm-Cailan	12 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm-Nancy	13 Athletic Conditioning and Performance 6:30pm-Adam	14 HIIT Boot Camp 6:00am- Brian Power Hour Boot Camp 6:30pm-Cailan	15	16 HIIT Boot Camp 8:30am-Brian Olympic Training! Gymnastics & Handstand clinic 11am-1pm
17	18 Kettle Rope-X 6:30pm-Cailan	19 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm-Nancy	20 Athletic Conditioning and Performance 6:30pm-Adam	21 HIIT Boot Camp 6:00am- Brian Power Hour Boot Camp 6:30pm-Cailan	22	23 HIIT Boot Camp 8:30am-Brian Olympic Training! Olympic Weightlifting Clinic 11am-1pm
24/31	25 Kettle Rope-X 6:30pm-Cailan	26 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm-Nancy	27 Athletic Conditioning and Performance 6:30pm-Adam	28 HIIT Boot Camp 6:00am-Brian Power Hour Boot Camp 6:30pm-Cailan	29	30 HIIT Boot Camp 8:30am-Brian Olympic Training! Running/Sprinting Clinic 11am-1pm

4567 Washtenaw Ave, Ann Arbor 48108

www.byoungbfit.com or call us today at (734) 975-0984!

Unlimited Monthly Membership \$96.00

8 Group Fitness Classes \$80.00

4 Group Fitness Classes \$48.00



Your First Class is FREE!!!

Non-member Drop-in rate - \$12/class

NEW! Olympic Training clinics – Registration required & special pricing applies....ASK TODAY FOR MORE DETAILS!

Gymnastics & Handstand clinic: University of Michigan Men's Gymnastics Assistant Coach, Geoff Corrigan will be our expert guest presenter & instructor. Geoff will be teaching basic gymnastic movements including handstand technique and progressions as well as teaching us about the muscle strength needed for certain movements that gymnasts use. Learn how to use your body more effectively and control it in ways that you've never done before!

Olympic Weightlifting clinic: USA Weightlifting Level 1 certified instructor, Brian Young will be teaching the basic techniques for the major Olympic lifts (deadlift, squat, clean & jerk & snatch). Brian will also give you the proper instruction on how to make these explosive lifts part of your regular fitness routine – and why they are so important for people of all ages & fitness goals. Build power & strength that you've never had before without hurting or injuring yourself!

Running / Sprinting clinic: (Instructor TBA) Learn how to run correctly to avoid/minimize the impact and risk of injury. You will also receive instruction on different running techniques including sprinting and jogging as well as the importance of time & duration in terms of running. Lastly we will teach you how to properly prepare yourself for running training with proper equipment and nutrition/hydration. This class will help anyone become a better runner!

Beginner and Up

****NEW Special EVENT!** New You & BYBF Double Boot Camp:** 1x per month our partner and independent trainer Eddie Brooks (owner of New You Personal Training LLC) and BYBF owner Brian Young join forces to offer an amazing Boot Camp class with unmatched energy, new & challenging exercises as well as an opportunity to meet people that you may not usually see. The unique 2-instructor class format allows both individualized attention & motivation as well as the usual energy and instruction that all of our classes have. Bring a friend, family member and/or co-worker and share the FUN!

Boot Camp FUN-Damentals: Is where we build the foundations for the movements used in our boot camps. It's a step down from HIIT Boot Camp and the lightened loads and intensity allow for anyone to join in on the fun. It's also a good way to work up to the more intense and heavier HIIT Boot Camp. In any case, you can count on having fun and getting a great workout! *(Saturday classes will be held outdoors when weather permits)*

Athletic Conditioning and Performance: Is a class that helps you tap into your inner athlete! Join us for a fast-paced, high-intensity workout where we focus on explosive and power based movements to make you faster, stronger and better conditioned for both daily life and extracurricular activities. At the end of each workout we will focus on mobilizing specific body parts to unleash that athleticism we just worked toward and keep our bodies primed for the next day/workout.

Mid-Level and Up

Kettle Rope-X: Is not your typical circuit training you may have experienced in the past. This class focuses on using Kettle Bells, Battle Ropes, and TRX to get that full body burn you are looking for. By mixing these three styles you will incorporate Strength and Endurance training along with core stability to raise your heart rate to burn maximum calories. It is a great way to keep the body guessing and bring variety into your workouts during the week.

Power Hour Boot Camp: Are you ready to take Boot Camp to the next level? This class is a great way to switch up your workout routine during the week and help achieve your fitness goals. Power Hour Boot Camp incorporates the fundamentals you learned in Boot Camp FUN-Damentals and continues to challenge your body by increasing the intensity level and exercise difficulties. This popular interval class continues to mix up body weight exercises with cardio and strength training to prepare you for HIIT Boot Camp.

Next Level and Up

HIIT Boot Camp: Our "High Intensity Interval Training" Boot Camp class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and overall break through plateaus. We take pride in helping you reach your goals. Boot Camp is a demanding program but, because of this, you will see great results! We have high expectations for our participants and we go the extra mile to make sure that you are another Boot Camp Success! *(Saturday classes will be held outdoors when weather permits)*

Spin Cycle: This indoor group cycling class is a great low impact but high energy cardio workout! Simulated hill climbs, sprints and jumps will challenge you no matter what fitness level you are currently at – you'll reach the next level in this class. Spin cycle is an effective class for weight loss, cardiovascular endurance training and/or overall a fun cardio option.

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