





May 2017: Spring into Fitness by joining the BYBF FitFam for only \$3.10/day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	No class	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		Outdoor Boot Camp 8:30am - Brian
7	8	9	10	11	12	13
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Spin Cycle 6:30pm- Nancy	BOSU Core 6:00pm-Brian	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		Outdoor Boot Camp 8:30am - Brian
14	15	16	17	18	19	20
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	No class	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		Outdoor Boot Camp 8:30am - Brian
21	22	23	24	25	26	27
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Spin Cycle 6:30pm- Nancy	BOSU Core 6:00pm-Brian	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		Outdoor Boot Camp 8:30am - Brian
28	29	30	31	Outdoor workouts  Are BACK!		
	No classes 	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	No class	Limited spaces  Available		
				Reserve your spot  TODAY!		

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 @ BYBF is FREE!!!

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

Beginner and Up

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!

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. 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.

Mid-Level and Up

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.

BOSU Core: Core strength is the foundation for every progression that you make in fitness including getting faster, stronger & preventing injury! This class will teach you how to engage all of your core muscles including your "abs" but also your pelvic floor, lower back and deep inner core muscles that will give you better control in even daily/functional activities in your life. We will use the BOSU ball along with other equipment to effectively target your midsection and introduce you to muscles that you never knew you even had.

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!

Power Cycle: This 45-minute class is an intense, fast low impact indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads the pack through hills, flats, mountain peaks, time trails, and interval training. Discover your athlete within - improve aerobic fitness while burning calories and fat. You control your own resistance levels and speed, so you can build your fitness level up over time.

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.

IT's BACK!!! New Outdoor Boot Camp: When the Michigan weather permits – we take advantage by taking our awesome Boot Camp activities outside. Our private outdoor facilities include nature trails, grassy area & pavement where we will do tire flips, sled pushes, sled pulls, log carries, sledgehammers, agility ladders, slam balls, wall balls, rope slams, hill sprints & many more fun fitness activities. (If inclement weather forces us inside we will still hold class as planned)

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