

August 2017: 34 classes in 31 days! Bring a friend – 1st class is FREE!!

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1 No Classes	2 Power Cycle 6:00pm – Laqueeta	3 HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	4	5 Outdoor Boot Camp 8:30am - Brian
6	7 Power Cycle 6:00am – Laqueeta No Kettle Rope-X	8 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	9 Power Cycle 6:00pm – Laqueeta	10 HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	11	12 Outdoor Boot Camp 8:30am - Brian
13	14 Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	15 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	16 Power Cycle 6:00pm – Laqueeta	17 HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	18	19 Outdoor Boot Camp 8:30am - Brian
20	21 Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	22 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	23 Power Cycle 6:00pm – Laqueeta	24 HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	25	26 Outdoor Boot Camp 8:30am - Brian
27	28 Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	29 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	30 Power Cycle 6:00pm – Laqueeta	31 HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		

SPECIAL EVENT!
 Spin for SAFI
 charity event
 10:00am-11:00am

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

SPECIAL EVENTS – Separate pre-registration required & special pricing applies. All proceeds go to charity! visit www.byoungbfit.com to sign up

Spin for SAFI Charity Event: This special Spin class is sponsored by our partnering business, DBTS Skin Bar and their SAFI Initiative project! Similar to our Spin Cycle class with Nancy, but 100% of the proceeds will go toward supporting menstrual health & hygiene for school girls in Tanzania. In fact, your \$16 for this class will sponsor 1 girl for the entire school year! Your support will allow her to attend school and have the proper hygienic materials she needs for an entire 12 months. ONLY 14 Spots are available – reserve yours TODAY! To find out more about the SAFI Initiative visit www.dbtsskinbar.com/safi-kloth

Beginner and Up

Boot Camp FUN-Damentals: Is where we build the foundations for the movements used in our higher-level 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 & Outdoor Boot Camps. 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.

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.

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!

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.

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).

4567 Washtenaw Ave, Ann Arbor 48108

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