



October 2017: 40 classes in 31 days - Become a member for just \$3.20/day - Bring a friend – 1st class is FREE!!

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

Free Family Halloween BOOt Camp
6:00pm – BYBF Team
(costumes required / kids welcome)

Join us on October 31st from 6:00pm-7:00pm for a Free Family friendly Halloween BOOt Camp! Prize(s) will be given to the best men's & women's costumes

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 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.

Muscle Sculpt: This circuit training class offers longer duration circuits that are focused on building muscle endurance and strength. We will focus mainly on upper body & core exercises while focusing on proper form & technique for maximum results! A great class for people of all fitness levels and fitness goals.

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. (In case of inclement weather, we will still hold class inside as planned).

SPECIAL EVENT – Pre-registration is required! Please visit www.byoungbfit.com to reserve your spot today

Halloween BOOt Camp: Bring your whole family to this FREE community event. On Halloween night (6:00-7:00pm) the entire BYBF Team will be ready to put you through a fun & challenging series of exercises but make sure to still wear your Halloween costumes because we will be giving away prizes for both the best men's and women's costumes! This is a kid-friendly event so do hesitate to start your "Trick or Treating" at the BYBF Studio...Healthy snacks, Music & Lots of FUN!!!

4567 Washtenaw Ave, Ann Arbor 48108

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