

November 2017: 34 classes in 30 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	3	4
			Muscle Sculpt 6:00pm - Kim	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	Muscle Sculpt 6:00pm - Kim	Working with Weights 8:30am - Brian
5	6	7	8	9	10	11
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	Muscle Sculpt 6:00pm - Kim	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	Muscle Sculpt 6:00pm - Kim	Working with Weights 8:30am - Brian
12	13	14	15	16	17	18
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	Muscle Sculpt 6:00pm - Kim	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan	Muscle Sculpt 6:00pm - Kim	Working with Weights 8:30am - Brian
19	20	21	22	23	24	25
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	No classes	Muscle Sculpt 6:00pm - Kim	Closed for Thanksgiving 	Muscle Sculpt 6:00pm - Kim	No classes
26	27	28	29	30		
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	Muscle Sculpt 6:00pm - Kim	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		

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.

New CLASS! Working with Weights: USA Weightlifting Level 1 certified instructor, Brian Young will be teaching how to make weight lifting a part of your regular fitness routine! Learn how to use strength training to smash all your fitness goals while also learning how to avoid injuring yourself. *This class is all about learning how to lift weights correctly and ultimately getting stronger.* No matter what level you are starting at you will get an awesome "pump" and leave feeling more confident & full of energy. Equipment may include barbells, dumbbells and other accessories when necessary.

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.

4567 Washtenaw Ave, Ann Arbor 48108

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