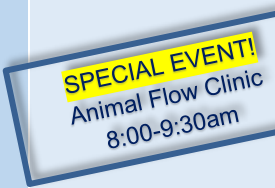


December 2017: 28 classes in 31 days - Become a member for just \$3.20/day - Bring a friend - 1st class is FREE!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Purchase your 2018 "Year of Strength" calendar for just \$35 and 12% of all proceeds go to our partner DBTS Skin Bar charity SAFI Initiative! Order yours today in person at the BYBF Studio or log on to www.byoungbfit.com to reserve yours before they run out...</p>						1 Working with Weights 8:30am - Brian
3	4	5	6	7	8	9
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	Power Cycle 6:00pm - Laqueeta	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		Working with Weights 8:30am - Brian
10	11	12	13	14	15	16
	Power Cycle 6:00am – Laqueeta Kettle Rope-X 6:30pm-Cailan	Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	Power Cycle 6:00pm - Laqueeta	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		
17	18	19	20	21	22	23
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24/31	25	26	27	28	29	30
	Closed for Holiday 		Power Cycle 6:00pm - Laqueeta	HIIT Boot Camp 6:00am - Brian Power Hour Boot Camp 6:30pm-Cailan		Closed for Holiday 

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 & Clinics - Registration required & special pricing applies....visit www.byoungbfit.com

Animal Flow clinic: Cailan White (Soar Above Fitness) teaches this innovative fitness program that combines quadrupedal and ground-based movement with elements from various bodyweight-training disciplines to create a fun, challenging workout emphasizing multi-planar, fluid movement. If you're looking for a "different" type of workout – this will teach you new movements to incorporate into your fitness routine.

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.

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!